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WINTER LIFE IN SWITZERLAND

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1728	5665	Samaden	225
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986	3232	Corbeyrier . . .	68
985	3229	Les Avants . . .	87
979	3210	Andeer	206
956	3134	Zugerberg . . .	141
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The Winter Sporting and Health Resorts of Switzerland.

The Information Column (4) gives the place where all information can be obtained gratis. In written enquiries return postage should be enclosed. Col. 11 gives the page in this book relating to the place in question.

V.-V. = Verkehrsverein (Development Society); V.-B. = Verkehrsbureau (Information office).

mt above sea level	ft above sea level	Place	Information from	Toboggan runs	Bob runs	‖ = Ski-territory	Ice rink	B = Bandy (Hockey)	C = Curling	See page
		Jura								
1287	4219	Weißenstein . . .	V.-B. Solothurn	2	2	‖	1	—	—	39
1000	3278	Bieler Höhen . .	V.-B. Biel	3	—	‖	—	—	—	41
1271	4167	Chaumont	V.-B. Neuenburg	1	1	‖	1	—	—	42
1290	4229	Mont Soleil . . .	V.-B. St-Imier	3	3	‖	3	—	—	42
992-1419	3252-4642	Chaux-de-Fonds and Neighbourhood	V.-B.	3	1	‖	2	—	—	45
1150	3770	Ste-Croix-Les Rasses	V.-V.	3	1	‖	3	—	—	46
930	3049	Ballaigues and Neighbourhood .	Ski Club	2	2	‖	1	—	—	48
1050	3442	Le Pont	,,	3	—	‖	1	B	C	49
1024	3354	Le Sentier	The Hotels	2	—	‖	2	—	—	51
1040-1450	3410-4744	Le Brassus-Marchairuz	Ski Club	1	—	‖	1	—	—	51
1100	3606	St-Cergue	The Hotels	1	1	‖	3	B	C	52
		Cantons Geneva, Vaud and Valais								
378	1239	Geneva	V.-B.	1	—	‖	5	—	—	57
515	1688	Lausanne-Ouchy .	,,	1	—	‖	1	—	—	58
380	1246	Vevey	V.-B. Vevey	2	—	‖	1	—	—	60
900	2950	Beaumaroche-Mont Pélerin .	V.-B. Vevey	2	1	‖	1	B	—	61
400	1311	Clarens-Montreux-Territet	V.-B.	—	—	‖	—	—	—	62
700	2295	Glion	V.-V. Glion	1	1	‖	1	—	—	65

mt above sea level	ft above sea level	Place	Information from	Toboggan runs	Bob runs	‖ = Ski-territory	Ice rink	B = Bandy (Hockey)	C = Curling	See page
1121	3675	Caux	The Hotels	1	1	‖	2	B	C	66
986	3232	Corbeyrier	„	1	1	‖	1	—	—	68
1450	4744	Leysin	„	1	1	‖	2	B	C	69
1129	3701	Le Sépey	„	1	—	‖	1	—	—	70
1189	3898	Diablerets	„	1	1	‖	1	B	C	71
435	1426	Bex-les-Bains . .	„	1	—	‖	1	—	—	72
1122	3678	Gryon	Grand-Hotel	1	1	‖	2	B	C	72
1280	4196	Villars-Chésières .	The Hotels	3	1	‖	3	B	C	74
1052	3449	Champéry	V.-V.	2	2	‖	4	B	C	76
1411	4616	Morgins-les-Bains	The Hotels	2	—	‖	1	—	C	78
1500	4918	Montana-Vermala	V.-B.	2	1	‖	4	B	C	79
1414	4626	Leukerbad	Ski Club	4	1	‖	1	B	C	80
		In the District of Montreux-Bernese Oberland-Railway								
800	2622	Chamby	The Hotels	2	1	‖	1	—	—	86
985	3229	Les Avants . . .	„	3	2	‖	3	B	C	87
930	3049	Rossinière	„	1	—	‖	—	—	—	88
998	3272	Châteaux d'Oex .	V.-B.	1	1	‖	4	B	C	89
		The Bernese Oberland								
1014	3324	Saanen	V.-V.	2	1	‖	1	—	C	97
1053	3452	Gstaad	„	3	1	‖	3	B	C	97
1192	3908	Gsteig	The Hotels	—	—	‖	—	—	—	101
1283	4206	Saanenmöser-Schönried . . .	„	3	2	‖	1	—	—	101
1000	3278	Zweisimmen . . .	V.-V.	3	1	‖	2	—	—	102
1070	3508	Lenk	Ski Club	2	—	‖	1	—	—	104
1260	4132	Grimmialp	Grand Hotel Kurhaus	2	—	‖	2	—	—	105
546	1780	Bern	V.-B.	2	—	‖	2	—	—	106
1000	3278	Staffelalp	Kurhaus	1	—	‖	—	—	—	109
1000	3278	Goldiwil	WintersportClub	3	—	‖	—	—	—	110
1150	3770	Beatenberg-Amisbühl	V.-V.	3	1	‖	2	B	C	110
781	2625	Frutigen	The Hotels	—	—	‖	—	—	—	114

mt above sea level	ft above sea level	Place	Information from	Toboggan runs	Bob runs	H = Ski-territory	Ice rink	B = Bandy (Hockey)	C = Curling	See page
1357	4449	Adelboden	V.-B.	2	1	||	4	B	C	114
1510	4951	Griesalp	The Hotels	3	—	||	1	—	—	114
1169	3833	Kandersteg . . .	V.-V.	5	1	||	4	B	C	119
571	1872	Interlaken	V.-B.	—	—	||	1	—	—	122
800	2622	Lauterbrunnen . .	V.-V.	2	—	||	1	—	—	122
1650	5409	Mürren	Kurverein	3	—	||	1	—	—	124
1275	4180	Wengen	,,	3	1	||	2	B	C	126
1057	3465	Grindelwald . . .	V.-V.	4	2	||	9	B	C	129
1839	6029	Engstlenalp . . .	Kurhaus	—	—	||	—	—	—	136
		Zentralschweiz								
956	3134	Zugerberg	V.-B. Zug	1	1	||	—	—	—	141
1102	3613	Etzel	V.-B. Einsiedeln	3	1	||	—	—	—	141
1209	3964	Gottschalkenberg .	,,	2	—	||	1	—	C	142
860	2818	Einsiedeln	V.-B.	1	—	||	2	—	—	143
1433	4688	Die Rigi	The Hotels	4	1	||	2	B	C	145
1023	3351	Engelberg	V.-B.	4	1	||	3	B	C	146
894	2931	St. Niklausen-Melchtal	The Hotels	2	—	||	—	—	—	150
1100	3606	Göschenen	,,	1	—	||	1	—	—	150
1444	4724	Andermatt	V.-V.	3	1	||	4	B	C	150
1179	3865	Airolo	Ski Club	1	—	||	—	—	—	152
		N. E. Switzerland								
412	1350	Zürich und Umgebung	V.-B.	2	1	||	2	B	—	157
700	2295	Zürcher Oberland	V.-B. Fischenthal	3	—	||	—	—	—	159
481	1576	Glarus	V.-B.	1	—	||	3	—	—	160
		St. Galler Oberland								
669	2193	St. Gallen		3	1	||	1	—	—	162
1400	4580	Flums, Flumserberge	The Kurhaus	3	—	||	—	—	—	161
		Appenzellerland								
778	2615	Appenzell	V.-V.	2	—	||	—	—	—	163
820	2688	Weißbad	Kurhaus	2	—	||	—	—	—	163
938	3075	Gais	The Hotels	2	—	||	1	—	—	163

mt above sea level	ft above sea level	Place	Information from	Toboggan runs	Bob runs	‖ = Ski-territory	Ice rink	B = Bandy (Hockey)	C = Curling	See page
905	2967	Trogen-Speicher	V.-V. Trogen	1	—	‖	—	—	—	164
840	2753	Teufen	The Hotels	2	1	‖	1	—	—	164
810	2655	Heiden	V.-V.	4	—	‖	1	—	—	164
682	2235	Walzenhausen	The Hotels	2	—	‖	—	—	—	165
		Toggenburg								
760	2491	Neßlau	V.-V.	3	—	‖	—	—	—	165
860	2818	Stein	,,	—	—	‖	—	—	—	165
920	3017	Alt St. Johann	,,	2	—	‖	—	—	—	165
920	3017	Unterwasser	Ski Club	3	1	‖	—	—	—	166
1104	3619	Wildhaus	V.-V.	2	—	‖	—	—	—	167
		Graubünden								
596	1954	Chur	V.-B.	3	—	‖	1	—	—	175
1815	5956	Arosa	,,	5	1	‖	3	B	C	176
1225	4022	Churwalden	The Hotels	3	1	‖	1	—	—	181
1511	4954	Parpan	,,	1	1	‖	—	—	—	181
1477	4832	Lenzerheide	,,	2	1	‖	2	B	C	181
1493	4895	Lenzerheide-See								
		Bündner Oberland								
1150	3770	Waldhaus-Flims	V.-B.	2	1	‖	1	—	—	184
1150	3770	Disentis	The Hotels	2	—	‖	—	—	—	186
1332	4367	Curaglia	,,	1	—	‖	—	—	—	186
		Prättigau								
1262	4138	Valzeina	The Hotels	1	—	‖	—	—	—	187
818	2681	Küblis	,,	1	—	‖	—	—	—	187
1246	4085	Pany								
1419	4642	St. Antönien								
1209	3962	Klosters	V.-B.	2	1	‖	3	B	C	188
1560	5109	Davos	,,	3	2	‖	4	B	C	194
		The Splügen Road								
722	2367	Thusis	V.-V.	3	—	‖	—	—	—	206
979	3210	Andeer	The Hotels	4	—	‖	1	—	—	206
1460	4777	Splügen	,,	1	—	‖	—	—	—	207

m above sea level	ft above sea level	Place	Information from	Toboggan runs	Bob runs	‖ = Ski-territory	Ice rink	B = Bandy (Hockey)	C = Curling	See page
		Oberhalbstein								
884	2899	Tiefencastel . .								
1187	3892	Conters i. Oberh.								
1215	3983	Savognin . . .	The Hotels	2	2	‖	—	—	—	208
1461	4780	Mühlen								
1776	5823	Bivio								
		The Albula Valley								
1437	4711	Wiesen	The Hotels	3	—	‖	—	—	—	209
1386	4544	Bergün	,,	1	1	‖	1	—	—	209
1792	5875	Preda	,,	1	1	‖	—	—	—	210
		The Engadin								
1856	6085	St. Moritz	V.-B.	8	2	‖	13	B	C	211
1724	5652	Celerina	Kurverein	1	1	‖	3	B	C	224
1728	5665	Samaden	V.-V.	1	1	‖	3	B	C	225
2456	8052	Muottas Muraigl .	The Hotel	—	—	‖	—	—	—	227
1803	5910	Pontresina	V.-V.	4	1	‖	5	B	C	229
1710	5607	Bevers	The Hotels	—	—	‖	—	—	—	233
1694	5554	Ponte	,,	—	—	‖	—	—	—	233
1712	5613	Zuoz-Castell . . .	,,	2	1	‖	1	—	—	234
1338	4386	Fetan	,,	1	—	‖	—	—	—	236
1829	5966	St. Moritz-Campfèr	,,	2	—	‖	2	—	—	236
1815	5950	Silvaplana	Winterkurverein	1	1	‖	1	—	—	238
1801	5904	Sils-Baselgia . .	The Hotels	1	1	‖	2	—	—	239
1812	5940	Sils-Maria . . .								
1817	5956	Maloja	,,	2	—	‖	1	B	C	240
1071	3511	Vicosoprano . . .	,,	2	—	‖	1	—	—	241
1460	4787	Casaccia	,,	1	1	‖	—	—	—	242
		Winter in Southern Switzerland								
276	905	Lugano	V.-B	—	—	—	—	—	—	244
208	682	Locarno	,,	—	—	—	—	—	—	251
210	688	Pallanza	The Hotels	—	—	—	—	—	—	255

Useful Hints for Visitors to the :: Swiss Winter Resorts ::

Much of the advice given below, may already be well known to many persons. All the same, it will be worth while to glance through this authentic information and to have it for easy reference. There is no doubt that by so doing not only trouble, but expense may be spared.

Where shall we go?

This is a question not easily answered. Switzerland now numbers about 100 Winter resorts, many of which enjoy a world wide renown, as fashionable stations of the first rank; while the greater number are excellent Winter Sport places, visited by persons from all countries, yet without the fame of a St. Moritz, Davos, Engelberg or Grindelwald: others again serve for those having more moderate requirements, or who wish to devote themselves to one or more kinds of sport rather than disperse their energies. A classification, it is evident, would bring in much diversity of opinion, and would in fact be impossible. The reader will certainly be the best judge of what will suit him best, after reading the condensed description of the several places, and their sporting arrangements.

However before undertaking a long journey, it will be best to obtain definite information, with regard to the snow conditions in the district to be visited. This can be had from the Information Office, where as a rule prospectuses and literature may be obtained (for list see pages III–VI). One may thus be saved much trouble and disappointment, so that, in pressing cases, it will even be worth while to get the information telegraphed.

When is the Season?

The Winter season starts officially with November, and lasts to the end of March. But these are dates only for those places richest in snow, while for stations in the lowlands, or on the south slopes of mountain chains, the season is considerably shorter. The best time for the exercise of Wintersport is, without doubt, from the middle of December to the end of February. During the high season which everywhere falls at this time, it is advisable to bespeak your rooms (see appendix on the Swiss Hotels). A table is therefore given below of the length of the high season at different places.

Beginning of the High season	Resort	Close of the High season
1. December	Adelboden	31. January
1. December	Arosa	28. February
1. December	Beatenberg	28. February
1. December	Davos	28. February
1. December	Gstaad	15. March
1. December	Montana-Vermala .	28. February
1. December	Pontresina	28. February
1. December	Villars s. Ollon . .	28. February
15. December	Caux	1. March
15. December	Château d'Oex . .	28. February
15. December	Engelberg	28. February
15. December	Le Pont	28 February
20. December	Andermatt	28. February
20. December	Grindelwald . . .	25. February
20. December	Kandersteg . . .	31. January
1. January	Bergün	20. February
1. January	Campfèr	28. February
1. January	Diablerets	1. March
1. January	Les Avants . . .	31. January
1. January	Lenzerheide . . .	28. February
1. January	Sils Baselgia . . .	28. February
1. January	Les Brenets . . .	28. February
1. January	St. Moritz	28. February
1. January	Maloya	28. February

Passport and Customs.

A passport is not really necessary in Switzerland, unless it be for identification at the Post Office, of registered packets, or to satisfy a hotel proprietor, who cannot be convinced he has trustworthy people, in guests totally unknown to him.

A post identification book, is worthy of recommendation. It can be obtained from all the larger Post Offices after filling in certain statements and providing a photograph for a fee of half a franc. It is valid for three years.

The customs are managed in Switzerland very easily. At the following frontier stations a custom's examination of luggage (not registered through) takes place at which the presence of the traveller is required.

Entering Switzerland: Basel S. B. B. (coming from Mülhausen), Basel Bad. station (coming from Karlsruhe), Bouveret, Buchs (Rhine Valley), Chiasso, Domodossola, Geneva, Constance, Le Locle, Luino, Pruntrut, Romanshorn, Rorschach, Schaffhausen, Singen, St. Margrethen, Vallorbe, Les Verrières-Suisse, Waldshut.

Leaving Switzerland: Basel S. B. B. (going to Mülhausen), Basel Bad. station (going to Karlsruhe), Bellegarde, Bouveret, Buchs (Rheintal), Chiasso, Delle, Domodossola, Friedrichshafen, Constance, Lindau, Luino, Morteau, Pontarlier, Singen, St. Margrethen, Waldshut.

Luggage registered to Berne, Chur, Lausanne, Lucerne, Montreux; St. Gallen and Zurich will be forwarded under the custom's seals to the custom offices at those stations, if the traveller does not see to them at the frontier station.

The Railways.

The excellence of the whole of the Swiss railways is well known. The carriages of all classes are well furnished and the 3rd class are at least as good as the best in England.

Single tickets are only available for one, or over 200 km two days, but the traveller may break his journey at will.

All the lines give return tickets at reduced rates, which are available for 3 days for distances 1—10 km and for 10 days for longer distances.

There are advantageous circular tickets, made up at the chief stations according to the passengers requirements. They can also be obtained at the foreign travel offices of the Federal Railway in London at 11 B. Regent Street and in New-York.

Direct Connections with Switzerland.

From	Via	To
Berlin	Nurenberg—Stuttgart—Singen	Schaffhausen, Zürich, Gotthard.
„	Frankfort—Strassburg	Basel, Lucerne, Gotthard, Berne, Zürich.
Frankfort	Strassburg	Basel, Lucerne, Gotthard, Berne, Zürich, Lausanne.
„	Triberg—Schaffhausen—Constance	St. Gallen, Chur, Engadine, Zürich.
Hamburg	Kassel—Frankfort	Basel, Zürich, Chur, Engadine.
Cologne	Strassburg—Basel	Basel, Lucerne, Gotthard, Berne, Zürich, Lausanne.
Meran	Innsbruck - Buchs	Zürich.
Vienna	Innsbruck—Buchs	Zürich.
Budapest	Vienne—Innsbruck—Buchs	Zürich.
Amsterdam	Düsseldorf—Strassburg	Basel, Lucerne, Gotthard.
Brussels	Luxemburg—Strassburg	Basel, Zürich, Chur, Engadine.
Ostend	Luxemburg—Strassburg	Basel, Zürich, Chur, Engadine.
Boulogne	Amiens—Lyon—Delle	Basel, Zürich, Chur, Engadine.
Calais	Paris—Delle	Bienne, Berne, Bernese Oberland.
Lyon	Geneva	Lausanne, Berne, Basel.
Marseilles	Lyon—Geneva	Lausanne.

From	Via	To
Nice	Marseilles–Lyon–Geneva	Lausanne.
„	Ventimiglia–Chiasso	Gotthard, Lucerne, Zürich.
Paris	Dijon–Pontarlier	Lausanne, Montreux, Aigle, Neuchâtel, Berne.
„	Delle	Basel, Bienne, Berne, Berner Oberland, Zürich, Chur.
„	Mülhausen–Basel	Lucerne, Gotthard, Zürich.
London	Dieppe–, Calais– or Boulogne–Paris	Lausanne, Vevey, Montreux, Aigle, Neuchâtel, Berne, Basel, Bienne, Bernese Oberland, Zürich, Chur, Engadine, Lucerne, Gotthard.
„	Ostend–Brussels	Basel, Zürich, Chur, Engadine.
„	Vlissingen– or Hook of Holland–Cologne	Basel, Lucerne, Gotthard, Berne, Zürich, Lausanne.
Milan	Chiasso–Gotthard	Lucerne, Basel, Zug, Zürich.
„	Domodossola–Simplon	Montreux, Aigle, Lausanne, Berne, Neuchâtel.
Rome	via Milan	Lucerne, Basel, Zug, Zürich.

The popular abonnements (season tickets) which allow the owner unrestricted use, during their validity, over almost all Swiss railways and steamboats are issued at the following rates:

	1st class	2nd class	3rd class
Available 15 days	Frs. 90.—	Frs. 65.—	Frs. 45.—
„ 30 „	„ 140.—	„ 100.—	„ 70.—
„ 45 „	„ 180.—	„ 130.—	„ 90.—
„ 3 months	„ 310.—	„ 220.—	„ 155.—

When ordered at chief stations, 2 hours notice at least is required, at others 24 hours is needed. An unmounted photograph (carte de visite size) of the person in whose name the ticket is to be made out must be supplied.

These tickets are not available on the Bernese Oberland railway or the following mountain railways: Lauterbrunnen-Mürren and Lauterbrunnen-Wengen, the Montreux-Oberland, Stansstad-Engelberg, Berninabahn, Muottas-Muraigl, Rigi and others.

These is no free transport of luggage in the vans, but hand luggage may be taken into the carriage not exceeding 10 kg (21 lbs.) without charge. Small toboggans and a pair of ski are transported free if addressed and taken to and fetched from the luggage van.

Luggage may be left at the Stations at a charge of 10c per day for each article.

Postal Communications.

Posts run, one or more times a day, to most of the Winter sport places which have no railway station. These journeys are undertaken in well closed and heated post carriages. It is well to book a seat by early notice at the post office (at least ½ hour before starting), as the arrangement of the seats takes place according to order of application, while the number is limited. At stations along the route travellers are only taken up should there be room. On Alpine Roads 10 kg (21 lbs) of luggage is allowed free, and on ordinary post routes 15 kg. The personal tariff is low, and in contra distinction to the Austrian Alpine districts is the same on all routes (15 or 20 cts. per km).

Coinage.

Switzerland belongs to the Latin coinage convention (France, Switzerland, Belgium, Italy, and Greece) whose unit is the franc of 100 cts. One must take care not to accept worn down silver coins or the 2, 1 and ½ franc Italian and Greek pieces, they being out of circulation.

Table for exchange of coins for postal requirements:

	Frs. Cts.	Frs.
10 Pound Sterling	= 252.60	100 = 3 Pound Sterl. 19 sh. 2 d.
1 „ „	= 25.25	100 = 19 dollars 4 cents
10 Shillings	= 12.50	10 = 8 Shillings
1 penny	= —.12	1 = 0,8 Shillings
100 dollars	= 525.—	

Post, Telegraph and Telephone.

All Winter Sport places of Switzerland have Post Offices with Telegraph and Telephone (the latter also at the mountain hotels).

Postal Rates.

Letters.
Inland: 10 cts. for 1—250 grs. (about 8½ oz).
Local: 5 cts. (within 10 km, i. e. 6 miles in direct line).
To England: 25 cts. the first 20 gr (about 5/7 oz) and 15 cts. every 20 gr above.
From England: 2½ d the first oz and 1 d every oz above.

Post cards.
Ordinary 5 cts. (½ d), reply 10 cts. (1 d).
Foreign 10 cts., reply 20 cts.

Printed matter.
Inland: 2 cts. 1—50 gr, 5 cts. 50—250 gr.
To England: 5 cts. per 50 gr, Maximum 2 kg (about 4¼ oz).

Commercial papers.
To England: 5 cts. per 50 gr, *Maximum 250 gr.*

Telegrams.
Inland: 30 cts. fixed charge and 2½ cts. per word.
To England: 50 cts. fixed charge and 24½ cts. per word.

Parcels.

Inland:	15 cts. 1—500 gr	70 cts. up to 10 kg
	25 „ up to 2½ kg	1 fr. „ „ 15 „
	40 „ „ „ 5 kg	1½ fr. „ „ 20 „
To England:	1½ frs. upo to 1 kg.	
	2 „ „ „ 3 „	
	3½ „ „ „ 5 „ the Maximum.	

Express. 30 cts. in addition to ordinary rate.

Reply coupons. To prepay a foreign reply. In England 3 d. In Switzerland 30 cts.

Maps.

For Winter tours a reliable map is indispensable, while, in smaller excursions, it may be necessary to claim its help in localising one's position. Many Winter Sports centres disbribute excellent orientation cards, with ski-tours marked upon them. For longer Winter tours we recommend the maps of the "Topographischen Atlasses der Schweiz" (Siegfried Atlass), scale 1 : 25,000; in high mountains 1 : 50,000; price per sheet Fr. 1.—, to be obtained from all booksellers, who also give gratis a catalogue of the maps.

Guides.

If in Summer guides for high mountain tours are advisable, in Winter they are absolutely indispensable. At most Winter Sport places, at the Information Office, or, when there is none, from the Hotels, addresses of reliable guides for ski-tours in the high mountains, may be obtained.

Sporting equipment.

With the increasing demand for Winter sporting in Switzerland steps have been taken to meet the rising demand for sporting articles. In this way the manufactories that during the last few years have already made themselves a name for ski and toboggans have sprung into existence.

Our forests give a wood specially suitable for the manufacture of ski. And as in the ski-running itself the Norwegian was our teacher, so in the making of ski, manufacturers have learnt from them and now enjoy worldwide fame.

In toboggan and bobsleigh building the Swiss naturally stand in the front rank. The runs constructed with every exactness, and the constant competitions on them, make the highest demands on the superiority of the implements. Hence has arisen the modern type of these articles, which in regard to faultless running and judicious construction is not to be excelled. The renown of the Swiss Sports implements manufacture, is seen, in the gigantic export of their products to all the principal countries of the world.

Other sporting articles as well as suitable Sports clothing are to be obtained at all the great Winter Sport centres.

Literature useful for the Swiss Highlands.

Title	Author	Publisher	Price
Official Publications.			
Hotels of Switzerland .	—	Information Offices	—
Railway Map of Switzerland	—	S. B. B. London & Berne	—
General Guides.			
Murray's Handbook . .	—	Stanford, London	10/—
Baedeker's Switzerland .	—	Unwin, London	7/6
Sport.			
Winter life in Switzerland	Mrs. & Miss Brooke	Pitman, London / Bürgi & Wagner, Zürich	3/6
Ski-sport (Ger)	A. Wagner	Bürgi & Wagner, Zürich	1 Fr
Ski-ing and how to Ski .	V. Caulfield	Nisbet, London	4/6
Ski-Runner The	E.C.Richardson	Richardson&Wroyth	4/6
Shilling Ski-runner . .	E.C.Richardson	„ „ „	1/—
English Figure Skating .	E. F. Benson	„ „ „	7/6
Figure Skating	H. R. Yglesias	„ „ „	1/—
Humorous.			
Tramp abroad	Mark Twain	Chatto, London	1/—
Natural Features.			
Coloured Vade Mecum to Alpine Flora	Pro. Schröter	Raustein, Zürich	7.50
Familiar Swiss Flowers .	F. E. Hulme	Cassells, London	7/6
Narrative.			
Scrambles among the Alps	E. Wymper	Nelson, Murray, London	1/6
Exercise in the Alps . .	Pro. Tyndal	Longmans, London	3/6
Glaciers of the Alps . .	Pro. Tyndal	„	3/6
Playground of Europe .	Sir L. Stephen	„	3/6
Cradle of the Hapsburgs	Gilbart Smith	Chatto, London	5/—
Switzerland of the Swiss	F. Webb	Pitman, London	6/—
Rambles in Alpine Valleys	J. W. Tutt	G. Allen, London	3/6
Modern Painters Vol. IV	Ruskin	„	1/6
Winter-sports in Switzerland	E. F. Benson	„	15/—

Winter in the High Mountains

After a water colour, by A. Christoffel

WINTER LIFE IN SWITZERLAND

ITS SPORTS AND HEALTH RESORTS

BY

MARGARET L. & WINIFRED M. A. BROOKE

TRANSLATED FROM THE
GERMAN COMPILATION OF

NATIONALRAT DR. GOBAT; H. HARTMANN; F. HASSELBRINK; J. C. HEER; PFR. C. HOFFMANN; G. HÜGEL; DR. MIEVILLE; PROF. A. NOLDA MD., AND E. V. TOBLER ETC. ETC.

SECOND EDITION
REVISED & ENLARGED BY
A. EICHENBERGER

WITH OVER 150 ILLUSTRATIONS, PLANS & MAPS

PUBLISHED BY
BÜRGI & WAGNER, ZÜRICH

SIR ISAAC PITMAN & SONS, LIMITED, LONDON

Preface to the Second Edition.

It is now two years ago since "Winter in Switzerland" made its first appearance. Its contents were as unique as the design upon its cover, and without a rival it has remained. That the book attains its aim and fills a gap in its own province, is shown by the rapid sale as well of the original edition, as of the following one in English. Everywhere it found a good reception, everywhere received recognition.

The "get up" and artistic ornamentation of the present book remain equally rich as in the first edition. But I have subjected the text to a thorough revision, completing and enlarging it to such an extent as to give information concerning all the well-known Winter Sport places and Health Resorts of Switzerland.

To those who have enjoyed the Winter pleasures of the Swiss mountains the illustrations of the book will, in after years, call to remembrance those hours so full of happy life.

With hearty Ski and Toboggan greetings I present Winter Life in Switzerland to those on the way to the Sun — to find bodily and mental health in the Swiss Mountains.

A. Eichenberger.

ZURICH, Autumn 1913.

Preface to the First Edition.

"Winter in Switzerland"! In the modern world of Sport, this has become a veritable watchword, knowing no limits; in North and in South, in the Old as in the New World, year by year it ever acquires greater value. The number of our Winter guests — be they for the practice and enjoyment of Sport, or for recovery, or convalescence, from serious illness — reaches many thousands. To all such, we offer this book, as a guide and help to their various plans, that they may enjoy, to the full, the beauty which our country is able to offer to all, and the many-sidedness of the Swiss Winter attractions, both as to sport, and hygienic advantage.

It gives us the greatest pleasure to bo able to acknowledge here, and to thank, for their kind co-operation in this work, some of those who are the best authorities on their particular subjects, and have an intimate acquaintance with Winter in the high mountains. We also especially thank the many Information Offices, Railway and other directors, and numerous private persons, for their kind assistance.

November 1911.

Above me are the Alps,
The Palaces of Nature, whose vast walls
Have pinnacled in clouds their snowy scalps,
And throned Eternity in icy halls
Of cold Sublimity, where forms and falls
The Avalanche — the Thunderbolt of snow!
All that expands the spirit, yet appals,
Gather around these summits, as to show
How Earth may pierce to Heaven, yet leave vain man below.

Childe Harold's Pilgrimage, Canto III. 62. Lord Byron, 1788—1824.

Winter in Switzerland.

By J. C. Heer.

"How clear, how keen, how marvellously bright
The effluence from yon mountain's distant head,
Which, strown with snow as smooth as heaven can shed,
Shines like another sun."

The Mountain Top. Nov. 1. 1815. **William Wordsworth** 1770—1850.

The Swiss mountain heights form the silver star crown of Europe. Only the sea, so rich in mystery, has, in all ages, occupied the imagination of man in the same way as the Swiss Alps have done. These thronging crowds of peaks, with their ancient escutcheons, catch the first red ray of the morning, and glowing, as with inner fire, still give light when in the deep valleys the day has already received the sunset.

With superstitious fear, the Ancients spoke of the white mountains. In mediaeval times the pilgrims hung the cross before them, and, with murmured prayers toiled over the rough mountain paths to Rome. It was left to the people of the end of the eighteenth century first to discover in the Alps a wonderful manifestation of beauty. Rousseau's "New Heloise", Goethe's "Travels in Switzerland", Schiller's "William Tell", and Haller's "Alps" opened the eyes of the world to the beauty of the high mountains. Since those days, in all lands of cultured civilization, thousands and thousands of hearts beat in a kind of home sickness for the time when they shall stand face

to face with the glorious mountains. The first glimpse of the silver crown, which hangs in the air with an almost celestial semblance, is for them the fulfilment of a youthful dream.

For another century, however, it was only in the bright Summer time that people on this, and the other side of the sea, came to reside in those valleys and districts, that on each clear day are filled with the light of the glaciers. From these same glaciers, flow out the mysterious sources of streams which bless the continent of Europe with fruitfulness. In these valleys the torrents ever chant the song of their Creator's power, the precipitous rocks reflect themselves in lakes of wondrous transparency, and put on a vegetation, which luxuriates below the ice and snow regions of the high and heavenly peaks.

At the time of which we speak, travellers spoke and wrote with the utmost enthusiasm of Summer in the Swiss mountains — of the verdure of the meadows, of the yodelling and songs of the dairy men and women, of the games of the cowherds, the tinkling of the herd-bells, the glorious richness of the late Spring flowers in the high mountains, and of the splendour of the sunrise and sunset on the upper peaks. Thus the Swiss Alps were known only in their Summer attire, of their Winter dress no one spoke, or only with the description of a long terror of impassable roads and avalanches. Should the inhabitants of the high valleys say, that of all seasons they loved none so well as their white sunny, snowy Winter, it sounded strange and incredible in the ears of visitors.

For the eighties of the last century, was reserved the discovery as to how gorgeous was the Winter of the high mountains, and how especially in respect of the value to health, it was in no wise behind, but even surpassed, the Summer. It developed from two great centres of the tourist traffic St. Moritz and Davos.

That those Swiss who, did not live in the upper valleys, could so long overlook the beauties of the high mountain Winters, is only explicable because Winter pleasure in the mountains presupposes those good and speedy means of intercourse, that have only recently been developed in these regions, together with established accommodation for Winter pursuits. This Winter life, came into existence mainly through

Near Zweisimmen.

the increasing interest taken in sport, and the importation of its necessary apparatus and implements, for which we may thank the northern countries. But how quickly has the pleasant social life increased in every direction. Twenty years after its modest commencement, there has sprung up a number of Health Resorts that are able to gather more guests in the snowy Winter, than in the verdant Summer. The visitors, collected from all parts of the world, have given a new source of activity and industry to the high valleys. Not however that the Winter now takes precedence of the Summer.

To him who only once in his life has the opportunity of visiting Switzerland, I would certainly advise the Summer time. It has the heart compelling power of the open lakes, the green meadows, the shimmering flower carpet, the wonderful contrast of the white mountains, and the blossoming meadows, a colour blending without end. But those who can pay this country two or more visits should come at least once in Winter time into the high mountains. He will become an enthusiastic friend of these open air delights.

Winter gives an exceedingly simple landscape, snow, pure snow, spreads everywhere over mountain and valley. It exercises an equalizing power. It lowers the high peaks and exalts the lesser ones. This Winter has however the superiority of blue heavens, the sun, and warm spring-like air. Such advantages are evident every day of December and often also of January, during which lower countries for six weeks lie, as it were, under a grey damp cloth of fog that oppresses every feeling of life — one would have to go as far as the northern borders of Africa, if one would find in lower districts as much light and warmth as is given by Winter in the high mountains. Here there is a fair, bracing, strong Winter, without change from November to March — a sunlight feast without an equal.

But the cold!!! — In the high valleys, it is only the evenings, nights, and early mornings before the sun comes out, that are so bitingly cold, that is to say the time usually spent indoors at this season of the year. The blood red sun early sinks behind the peaks, filling the valleys with a red transparent glow, while the eastern mountains flame. Soon however the

Post Sleigh Journey. Phot. Wehrli.

Alpine world lies in a pale green light, suffused by what seems like a brassy clearness. Above the dreary peaks climbs, spark-like, the first evening star. This is the time when the cold is keenly felt by the belated sleigh-rider, the bodies of the horses are covered with hoar-frost, while smoking clouds of steam rise from them and where they float away one sees faint shadows on the ground. The passengers are wrapped in fur mantles and woollen caps while wherever, between scarves and veils, any part of the face is exposed, ice settles on the eyebrows, eyelashes and beard. Behind, on the footboard of the sleigh, half frozen as into an ice column, stands the hardy driver, reins in hand. The peculiarly modulated, almost melancholy, call with which he encourages his steeds, and the continual jingling of their harness, as they pass over the snow, are the only sounds in the stillness, the passengers forgetting even to talk and only longing for their destination.

Then, in the distance, twinkle the electric lights of the mountain village. One can imagine no greater contrast than the twilight tune of the Winter night on the roads of the high mountains, and the comfort of the Hotels awaiting the arrival of the Winter residents. An abundance of light flows through the fine large rooms, the comfortable warmth streams from

vestibule to roof, awakening the half numbed senses. Weary limbs eagerly absorb the gentle heat, the view of greenery and fresh flowers is quite enchanting, good music and songs resound, a light hearted company (the ladies in rich toilets) indulge in various phases of social life, making merry through the evening with game and dance, and making plans for the open air enjoyments of the following day.

In the high valleys a true marvel occurs each morning, when in the second half of the forenoon the glowing Winter sun climbs over the snowy border of the mountains. That is the call to life in the village. In white wool caps and many coloured flannels, in the most remarkable and striking sporting suits, young and old, one and all, hasten out to the streets, or sport centres. The melted water crackles in the roof channels, stronger than even in Summer streams the sunshine on the valleys, from the deep blue sky. The players move about in sporting costume, others in straw hats and shirt sleeves, sip their coffee in the open, while groups hold picnics on the frozen lake. Such is Winter in the high mountains. In the night there is perhaps 30° to 50° F. of frost, a cold however, which is easier to bear than only a few degrees in the damp lowlands, since the air is dry and still. In the day, the thermometer rise as high even as 80° F., especially in February, when the sun has already regained much of its strength. — In fact it is Summer in Winter.

By November, the lakes are covered with a smooth window of ice half a yard thick, which, so long as no snow falls on it, gives a surprising view. Villages and mountains reflect themselves in it, as in a mirror, the sheet is so glass like and transparent, that one can see through it, not only the bed of the lake, in delicate tones of grey and green, but shoals of fish swimming between the rotted trees which project like skeletons from the bottom. Who will be the first to risk himself on that ice, which does not hide the terrors of the deep? First the daring youngsters, then in time everyone. The skaters draw their lines, curves and spirals. The ice-sail waves with coloured streamers over the surface, the hoofs of the sleigh horses beat out sparks. Festive popular life centres round stalls. In the evening smoking torches and glowing fires, light up the merry-making of a ball held on the ice. — Venetian

lamps show traces of different groups — two lights glide about, wherever one goes, the other follows — a pair of lovers — above all sparkless the starry wealth of the Winter sky, owing to the clearness of the air, a glory such as one never sees in the lowlands. The sky holds a perfect dream of light, in abundance like the blossoms of the trees in May.

Often a clear starlight night is the harbinger of a swift conclusion to the skating. From the sky above, fall crystalline frost forms, cold white roses grow on the ice, a beard a good foot high (a most elegant structure) and fernlike ice flowers of gigantic size, glisten like diamonds in the morning sun.

Natives and guests joyfully greet the first snow. When the flakes fall in the high valleys, they come thick and heavy, as large as butterflies. In a single night snow will frequently fall half as high as a man, and when the sun shows over the mountains into the valley, it illumines a fairy-like kingdom, of untold magnificence. The villages are almost sunk in snow, on the roofs it lies in gigantic cushions, lakes and rivers hide themselves under the white cover, firs and pines of the Alpine forests, droop their branches beneath its weight and stand like half closed umbrellas. The very mountains themselves change their shapes, the snow allowing no angles, infinitely white and soft lies mountain and valley.

Snow! — and now first wakes the full Winter life. A joyful frame of mind takes possession of all, especially of the natives. The whole place re-echoes with the tinkling bells of the rushing sleighs, often of quite archaic shape, and covered with carved figures and symbols. The time for the greatest sociability of the natives has come, for the interchange of visits between friends and relatives, for public business to be decided upon, while in merry circles the song and dance resounds. Moreover the practicable passes are quite animated; Winter being the time for the great transport of merchandise over the mountains, for example, in Grisons, the Veltliner wines. From the high lying alp meadows, they slide down to the valleys, the hay, which has been stored in the picturesque huts. In the high forest the axe of the woodcutter resounds. The mighty Alpine fir, that has defied perhaps the storms of a century, falls over the precipice and travels on, driving before it an avalanche of snow dust. The bringing down of the

Phot. Küpfer.

A Lake Mirror.

wood calls up, occasionally, some of the most telling pictures of the hazardous daily toil of the Alpine dweller. Such is the work of the wire pulling mill, which conveys the trunks and brushwood, over precipitous rocks and through ravines made by rushing torrents, into the valleys below. — Again, sitting on a bundle of brushwood, or hay, the daring woodman will sometimes make, with it, the dangerous journey through the air.

But youth devotes itself to sport, and, with it, the guests from other parts. When the snow has closed the blue eyes of the lakes, the district lies bathed in sun splendour full of endless light. Specially constructed and maintained ice rinks and runs, form gathering places of the greatest delight. Many games compete with skating, while this, now charms the onlooker by the gracefulness of its movements, now astonishes by the cool daring of its swift rushes. At the sound of the waltz, partners are chosen. As in Summer over the lawn, so now flies the tennis ball over the ice. In the sunshine, ladies and gentlemen hit the hockey ball with curved sticks. With hockey interchanges curling, the ice bowls, which aims at driving a stone of peculiar shape, over the polished ice, to a goal, in the fewest possible strokes. Sport! Sport everywhere! In the sun exultation in the pleasure of life, with much shouting on the ice and especially on the toboggan runs.

The improved appliances for sport requirements have nearly ousted the old herdsman's sleds which are now only occasionally used, by guests who have not yet achieved full dexterity in tobogganing. A daring spectacle is presented by the exercises on the runs, which are artificially iced steep furrows, winding down the slopes of the mountains. On these tracks tobogganists use the skeleton, a low, yard long, padded toboggan, on which they lie flat, steering the craft with hands and feet. Like an arrow it shoots up the ice walls of the curves, and at that moment in which the onlooker expects an accident, makes the turn into the furrow and up the following ice wall, and so on until it reaches its destination. The most attractive sport is certainly bobsleigh riding. Those who take part in this, make use of long low, padded toboggans, which seat up to six persons. Under this heavy burden, the bobsleigh shoots to the valley with fearful momentum, and

should the run be iced, with even the quickness of an express. As the leader sways, the closely crowded team bend themselves almost automatically, so guiding the sleigh to left or right; they apply a break by letting their arms drop on the snow, or drive to greater swiftness by bending forward like jockeys. They turn the sharp curve of the mountain road with safety, and are able to stop even in an "eyewink" by means of strong iron spikes which are driven by a lever into the ice. However in doing so it strikes out sparks, whirls up the ice and snow in clouds, shaking and jolting the riders, and giving them many bruises. It is certainly more enjoyable, when they go straight through without hindrance to the end which is marked by a string, hung with many coloured streamers, stretched across the road. Every Winter some accidents happen, of more or less importance, at the various resorts; mostly through the over venturesomeness of youth. They are talked of at the time but experience shows that no one gives up the sport of the snow, because another breaks his limbs.

Ski-ing has taken root to an extraordinary extent in Switzerland, even the poorest youth will not be without his ski, if they are only made from a couple of barrel staves. Boys and girls coming to school from every side of the valley on skis, and the postman going his rounds on them, are characteristic sights of the mountain valleys. Competitions for young and old, where often one is astonished by leaps of forty yards, enliven Winter festivals. This introduction of ski-ing has very greatly extended the traversibility of the Alpine districts in Winter. The ski-runner flying down the sunny slopes offers an ever fascinating sight. Courage, strength, lightening speed and swift decision, form the charm of the picture. Where the ordinary traveller, on foot, would sink up to the hips in the finely grained snow, the ski-runner climbs his path almost without exertion — far more easily than the Summer tourist — up to the highest peaks. Over the pass sounds the tinkle of Skikjoring as, by a cord, a horse draws a group of ladies and gentlemen, who in gay sporting costumes, glide along on their skis.

Sport is also made easier by the mountain railways, which in Winter run toboggan trains. One can travel a couple of stations upwards and arrive at the starting point, on a moun-

tain road, without exertion and with a saving in time. Then one descends to the valley on toboggan, ski or skates. Or vice versa, go down first and the train brings one back to Winter quarters.

It is an exultant life which the Winter sport in the high mountain developes from November to March. It attracts sporting people from the richest families in Great Britain, America and the European continent. Here are found radiant youths and bright laughing gentle maidens, to whom the Winter games in the Swiss Highlands provide a rendez-vous.

More and more the intellectual working world, weary under the yoke of heavy daily duties, and the strain of multifarious obligations seek health and pleasure in the Winter freshness of the high valleys. Here with the champions and victors of Sport they give themselves a holiday, in which a rapturous feeling of youth streams through them, and the soul shakes life's dust from its wings.

Good luck to all, who are drawn to the Winter sunshine of the mountains!

Ins and Outs of Winter sport.

Toboggans, Skeletons and Bobsleighs *).

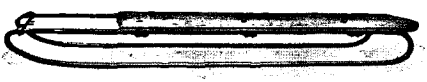
Tobogganing in its simplest form, is especially with the young, a wide spread and extremely popular Winter sport, only to be fully exercised in the mountains. The small wooden toboggan, or Schlitten, which seats from one to three persons, is taken up the mountain by the rider, or put on the railway should one be there. In many parts, there are trains with special rates for toboggans. Having arrived at the top, the tobogganist takes his seat so as to glide down to the valley with the swiftness of the wind, often yodelling triumphantly on the way.

In the course of time, this simple method of tobogganing has experienced manifold alterations and refinements.

At the Winter Sport centres, snow runs are everywhere laid down for tobogganing with few or more dips, and with sharper or wider curves, suitable for either beginners or experts. On the more dangerous runs signallers are stationed, who watch the run carefully and signal "clear" when the toboggan has passed the dangerous curve, or gone over at least half the run. Till then, the next may not start.

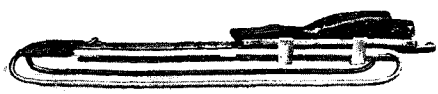
*) Professor Nolda M. D., the author of a small but excellent little book „Der Wintersport vom ärztlichen Standpunkte" (Wintersport from a Physician's standpoint), Grethlein & Co., Leipzig, writes the following paragraphs on the different Toboggan Sports, which in the course of a few years have evolved a special, often quite refined technique.

There are toboggans both for sitting and lying down. With the skeleton, for lying, developed from the Canadian toboggan, the greatest swiftness can be obtained. It is made entirely of iron, and weighs about 30 kg (66 lbs). As the German name "Liegeschlitten" implies, the rider lies on the toboggan, with his head in front facing downwards, to the ground. For this purpose the iron ribs carry a cushioned board, which, in some types, is built so as to slide backwards and forwards. The question as to which is preferable, the fixed, or sliding seat is still undecided.



Skeleton with fixed Seat.
Christian Mathis, St. Moritz.

The exact guidance of the skeleton on a quick run requires a considerable amount of technical knowledge; as in simple tobogganing, there exist various guiding methods, which can be used and combined according to requirements. Of these the most important are, the pulling to either side of the front part of the toboggan with the hand and the pressing down the toes of the feet, which as a rule should not touch the ground. The top of the boot must be protected by a "bremseisen" (brake iron) a metal plate with sharp steel teeth which is buckled on each foot. The points of the toes also act as brakes. The skeleton is designed for great swiftness, but is not very suitable for the ordinary toboggan run. Hence in very many places there are specially prepared skeleton runs, on which the curves are extra highly banked. While the bobsleigh requires a run with a foundation of ice, or a hard frozen snow cover, the first class skeleton run, in order to attain the greatest speed, must be made entirely of ice.



Skeleton, Cresta Model.
M. Kamm, St. Moritz.

The most famous skeleton run in the world, is the Cresta run of St. Moritz. On the last third of this run, good riders attain a speed of 100 km (60 miles), and more, an hour. Only experts are allowed on the Cresta run.

We would give a very special warning against taking on

the toboggan, a companion who is ignorant of guiding; by which the most frequent and worst accidents have been caused. The guide can then in a difficult curve, no longer control the toboggan, the alarmed passenger makes a wrong movement, which ensures the overthrow on the hard ice. While the guide, if he be experienced, will take the fall with a certain amount of elasticity, the inexperienced person always falls stiffly, and often injures himself by its coming unexpectedly. The second rider is also specially to be warned against placing his feet on the runners of the toboggan, for should a foot, in the overturn, be jammed between the runner and the seat, it is impossible to prevent the fracture of the leg.

It is faulty and dangerous for the feet to be widespreading, these should be kept with the inner side of the calves pressed lightly on the toboggan, as, in riding, one presses them on the girths. Should the toboggan be guided by the foot, the feet must always be held with the knee joints springy and elastic, never stiffly, by which means is averted any jerking or wounding of the knee joints.

Bobsleigh, with Rope-steering.
Aug. Hartkopf, Davos-Dorf.

Bobsleighing (bob, to bend), so called from the movements which the team make during the ride, in unison with their leader. This is unquestionably both for participators and spectators the most enchanting kind of sledge riding. In the course of time, bobsleighing has gained for itself the favour of the principal men of the sporting world, who have taken part in most of the different Sports. Among the various Winter games there is none that is able to exercise a greater power of attraction than bobsleighing, the social tobogganing.

The bobsleigh is now a machine which is the result of a thousand careful experiments, exactly tested and practically constructed. With it, results are obtained of which the inventor, at first, certainly never dreamed. The putting together of the different parts, the dimensions, the weight, the materials of which these parts are made, the construction of the steering apparatus, the choice of brake, all this the sportsman has to

study and carefully test, if he would take part in this modern exercise with the fullest success.

During the last few years, social tobogganing has made continual progress, the bobsleighs are nearing, ever more and more, to full perfection, especially now that the necessary attention is given to the training of the team. Great stress is laid on the choice of the leader, on the carrying out of a certain discipline, and on the places that each should occupy From the latter especially, enormous results have been obtained Through the simultaneous bending of the team at the curves, greater swiftness is attained, and in addition time is gained by certain motions, carried out at the command of the leader.

Bobsleigh, with Rope-steering.
L. Martignoni, St. Moritz.

The normal number on a bobsleigh is five, but it may have three, four, or six persons. It is not everyone who is fitted for the leader, iron nerves, unshakable calm, presence of mind coolness and quick decision, are for him indispensable.

Cresta Model, with Motor-steering.
Chr. Mathis, St. Moritz.

It is certainly easier, and more enjoyable, to ride on the specially prepared runs, than on the high road. The person who manages the brakes must be very alert, and have the same qualities as the leader, while for the correct and effective handling of the brake a certain amount of physical strength is necessary. The bobsleigh on the specially prepared runs, often attains the swiftness of an express train.

As a rule the owner of the bob (sleigh) is the leader, since he best knows his machine. He, having selected his team, arranges them according to their capabilities and weights. The team should grow as much a part of their

Wooden Bob.
Bachmann frères, Travers.

Bob carrying four, in Curve. Phot. Wehrli.

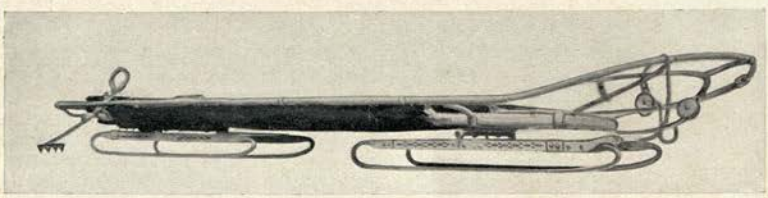
bob as is the good rider of his horse. All the movements which are required in the interest of greater swiftness, or of retaining the balance, especially at curves, must be carried out at the sign of the leader, uniformly and absolutely together. It should seem as though the whole company moved like a machine, all out of one mould.

On a straight run, the guidance is comparatively simple, care must be constantly taken, because slight imperceptible unevennesses of the run turn the bob continually from its proper direction, so the steersman has to use the greatest attention. With constantly stretched guiding ropes, he must have the two front movable runners ever in feeling, and guide the bob softly like a well ridden horse. He must also, by steering with presence of mind, be able to parry at once a possible shake. Therefore in a kind of way, he unites the qualitities both of a good horseman and an efficient motorist.

In the curves which almost form a semicircle, care is to be taken in the first place, as to the correct entrance. If the entrance be good, the curve is already half done. If the bob

runs with full speed to rise over a summit, then it is necessary to guide it with iron fist through the curve. In coming out of the curve, the triumph of skill is shown, in taking one in the opposite direction steadily and without upsetting.

As before mentioned, for the ride to continue without wavering or upsetting, depends almost as much on the team, their coolness, discipline and working together, as on the



Bobsleigh with rope guides.
Peter Ettinger, Davos-Dorf.

reliability of their leader. One must, certainly, never look on the middle people as mere ballast, to give momentum to the bob. They are far more than this, indeed a part of equal value with the others, and a practised bob team is strictly speaking a sporting unit.

The team should be fairly uniform in weight, great differences should be avoided. If the heaviest does not guide, it is better for him to sit second, or third. Light elastic bobs, which go like a feather, are decidedly superior to the heavy ones, which do not so well adapt themselves, and bend to the runs.

The runners should be of medium length, and not too thick. Leaden ballast of between 50 and 100 kg is always carried. The lead is fitted in plates under the seat board, more in the middle and behind, than in front.

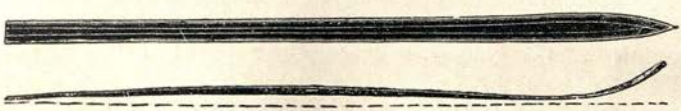
The runners must be kept quite smooth, and the steering apparatus and brake be always well greased, in order to work easily and correctly.

* * *

Ski-ing.

Norway is the home of the ski. As a popular, and indispensable, means of intercourse it has been used there for centuries. In past times, it has been taken up, in a transient fashion, by many countries. Thus it is supposed, according to A. M. Hansen's investigations, to have existed in Asia more than a thousand years ago.

As a sport, however, Ski-running even in Norway, is still in its youth. The peasants in Telemark, a Norwegian valley, were the first to make the ski a sporting implement. It is them we must thank that the Ski-sport quickly made its way. The performances of the Norwegian ski runners — remembering especially those of the North Pole explorer Nansen — caused universal admiration. Everywhere the ski quickly found a hearty reception, and, to the present day, the number of its votaries increases unceasingly.



Telemark-shape. Length about 220 cm (2 1/2 yds).

There are various shapes of ski — short and broad, long and narrow — all with their special purpose, but no form is so well suited for use in mountains, forests and the lowlands as the Telemark shape.

The length of the ski should depend on the height of the runner, he should just be able to reach their points, when standing upright with outstretched arms, the ski being placed perpendicularly on the ground. For Alpine purposes a somewhat shorter length is often advisable for practical reasons. Wood suitable: ash or hickory, other kinds are hardly worth consideration. Ash, especially the mountain ash, gives a superior material Hickory, is harder and wears better but is heavier.

Binding is the name for the arrangement used for fastening the ski to the foot. Every year quite a number of new methods are brought out, and patented, without any improvement, worthy of note; one always returns to the fundamental system.

There are to-day, among others, the following bindings: Huitfeld, Dethleffsen, Ellefsen, Forrers Mobil, Bourquin, Hoyer-Ellefsen, Alpenski or Lilienfelder, Kappen (top), this last is least recommended.

As further requisites for the ski-runner, should be mentioned, — the single and double stick, the fur lining to prevent back slipping, while, when on a tour, extra straps and ski-points, carrying straps and repairing materials, ought to be provided.

It is impossible in this limited space, to give an introduction to ski-sport in all its branches, and we therefore refer ski-runners and those with an ambition to become such to the work "Skisport" a little handbook brought out by Albert Wagner in collaboration with Thorleif P. Björnstad and published at 1 Fr. by Bürgi & Wagner, Zürich. *)

Although, certainly, one can learn ski-running from such books, it is nevertheless recommended, to allow oneself to be initiated in the rudiments, by an expert teacher. The turning, mountain climbing, correct descending, breaking, the Telemark and Christiania swings, are exercises which only an expert can teach, by giving practical examples.

It may interest some, to read of gigantic springs on ski. The longest known spring, to the present time, was executed by T. Smith with a distance of 46 mt (over 49 yds), from the Bolgen jumping platform at Davos, but unfortunately he fell so that this spring could not be counted, and the record for

*) For English books on this sport, see list of useful Literature.

Telemark Swing.

acknowledged jumps is held by his brother H. Smith with 45 mt (48 yds). It is these astonishing performances which attract to our Winter Sport centres a crowd of onlookers numbering many hundreds.

But how is a free flight of 46 mt possible? People who have never seen anything approaching it ask themselves this. Outsiders look on such springs, with the long laths, as bordering on the mythical. It is not so much a high spring, as a wide jump downwards. The lenght of a spring is measured from the place of jumping off (Sprungschanzenkante), to the place where the jumper first disturbs the snow with his hindermost foot. The length depends naturally, in the first place, on the quickness of the preliminary run, and on the steepness of the slope. The steeper the mountain below, the longer the flight lasts.

In ski competitions, the Slalom runs are being included, more and more. This is a kind of obstacle race, in which it is necessary, as cleanly as possible, to go between tree trunks and marked obstacles, in fine curves and swings. Next to the actual jumping, the Slalom run makes the greatest demands on the knowledge and skill of the ski-runner.

During the last few years Alpine ski-running has claimed

Christiania Swing.

so many victims, that a warning is certainly not out of place. Only a very expert ski-runner, and an experienced climber, should risk himself, in Winter, on the mountain heights. The dangers in Winter, are far more numerous than in Summer — avalanches, fog, snowstorms, surprise the wanderer, far from human habitation. One must, also, reckon very carefully with the early falling darkness and many other factors, on Winter tours. In no case should such a tour be undertaken alone, or without a very superior equipment.

The most favoured exercise of ski sport, is without doubt skikjöring. i. e. ski-running behind a harnessed horse. Prof. A. Nolda writes thus on this subject:

"For the exercise of this sport, one requires: well snowed roads, not too uneven snow covered meadows, or frozen snow covered lakes. One must, already, be a good ski-runner, and horse driver, in order to enjoy this difficult sport. With one hand the horse is guided, the other holds the pole to which the horse is harnessed. The reins must be very long, or else one will receive in the face, the snow masses, whirled in the air by the trotting or galloping horse, and will thus be unable to see anything else. Often in case of a fall, the only way of saving oneself, is by letting go the reins and pole, thus setting the horse free. The pole therefore, must be able to be freed in a moment, for should one remain attached, it is possible to be dragged to death by the galloping horse.

Several persons can let themselves be drawn by the same horse, two side by side, or two, three or even four one behind another."

First class Winter sport places, like St. Moritz and Davos have installed races, on their lakes, for skikjöring, which count among the most important sporting events of the season.

* * *

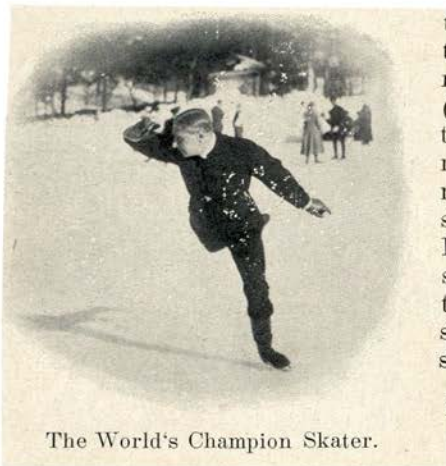
Ice Sport.

Sliding is one of the healthiest, and most exhilarating, of sports. Like many other Winter pleasures, it has also this advantage, that it is not merely the privilege of the rich, but is accessible to everyone, who has health while it is looked on, not as a toil, but a pleasure, freeing man, in a manner, from earthly cohesion, giving wings to his feet. His movements through the lessening of friction approach those of the bird, lending to the body greater elasticity as well as liveliness and gaiety to the spirit.

In spite of the striking advantages of this exercise, it was for many years treated like a step-child. With the advance of civilization, especially with the improvement of the chief implement employed — the skate — sliding began to make itself a home in wider circles. Many persons, in choosing their skates, do not sufficiently discriminate between the fastenings, and the workmanship of the curve, according to the character of the curves and tangents which they are required to execute. While, on the first, depends the comfort of the skate, on the latter depends exclusively the style of the accomplishment performed. In skates, the size of the curve can be adapted to all possible manners of fastening, and in the same way, skates of one and the same fastening, may have the greatest diversity of curves. There are for example, Dutch skates, and Frieslandish swift skates, constructed with the present Halifax fastening, although this is less possible the other way round. Consequently, when one speaks of the quality of a skate, it must always be sufficiently distinguished whether the fastening, or the execution of the curve, is the point of consideration. The first important, and unmistakable improvement, which was introduced with the fastening, was, that the skates were screwed, by an effective plate, at the middle of the ball of the foot, and at the heel, to the sole and heel of the shoe.

The ideal of all skaters is reached, in the high climatic resorts of Switzerland. It is a pity, that this pleasure is not more indulged in. The rinks are often framed by glaciers, in which the dazzling white snow contrasts with the deep blue sky. Breathing only the exquisite Alpine air, the warmth of the Winter sun glows through the body of the skater.

On the well cared for ice, hard, in spite of the strength of the sunshine, a sprightly international company flies around, to the sound of music, or enjoying lunch on the sunny side of an open veranda, watches the merry life and doings on the ice.



The World's Champion Skater.

One can imagine few things more pleasant, than to drink in the warm sunrays in the pure, dry air (undisturbed by the slightest breeze), of this favoured district. It is therefore no wonder, that most great skaters, seek out this El Dorado of all skating resorts, for there the severest training, either in style or swiftness becomes a pleasure.

Gustav Hügel, Vienna.
(World's Champion skater)

* * *

Curling*): The game of curling, which originated in Scotland, is like bandy, a sociable game, in which two sides play against each other. It is peculiarly adapted for older people who have given up other Ice and Snow-Sports. It is played with curling stones which weigh about 15 kg (33 lbs), and which can be best compared to a circular smoothing iron, or to a round Swiss hot water bottle. This is thrown towards a certain point, with a gliding motion, the stone having a handle like a smoothing iron. Curling requires less space than bandy, as the two wooden pegs which form the goals of the game should only be a distance of 40 mt (43 yds) from each other.

* * *

*) For a book on this sport, see list of useful Literature.

Curling. Phot. Meerkämper.

Bandy, is hockey on the ice, two sides playing against one another. The rectangular ground should be 115 or 92 mt long by 55 or 45 mt broad, i. e. 123×59 yds or 98×48 yds. For the game, a small ball is used, which is hit with a hockey stick, held with both hands.

The game is fairly difficult, most exciting and enlivening, for it must be played by very good and dexterous skaters. The teams are, almost invariably, composed of young people, ladies taking part. One can watch this graceful game by the hour.

* * *

Sleighing Parties, and Excursions.

A great and, for town residents, a rare pleasure is found in the excursions, on sleighs, throughout the district so overflowing with landscape charms, whether it be in the plains, in the sub Alpine region, in the Jura, or on roads and passes of the high mountains. Such a ride through the white country, past the deeply snowed in woods and hay huts, over roaring mountain streams, through wild romantic valleys, with grotesque ice forms, built by frozen water falls, is surely among the most beautiful experiences which our Swiss Winter offers to its visitors.

A special chapter might easily be written on Winter expeditions, with their beneficent influence on body and mind. Our Winter health resorts know how to preserve the advantages of walks, and with each snow fall, paths and routes are made clear and passable, by an assiduous gang of workmen. It is no rarity, in the high regions, for the snow to form, within two or three days, a six foot deep covering, through which the track is made at great expense. The upkeep of the roads and paths in Winter, even to the highest points for excursions, is one of the first cares of our Winter stations. Thus those of our guests who, for some reason or other, do not embrace any of the sports, will find animated and healthy entertainment, in the sleighing parties and expeditions.

* * *

Sporting Dress.

Even the dress for Winter sport, is already to some extent the subject of fashion. If both the nature, and manner of carrying out the Winter sports prevent eccentric outgrowths of clothing, yet, on the ice fields, comes the opportunity for people of fashion, to promenade, in all their elegance of costume. It is not so easy here to give advice — this surely is the province of the fashion books; but that woollen, still better silk underclothing, and for ladies short skirts, while for gentlemen either tight trousers, or sporting knickers with puttees, will be suitable, may be taken for granted.

On the other hand, the clothing of the ski-runner is much more of a sporting character, as he does not, as a rule, trouble himself about any fashion. Although a good strong mountain shoe, will also serve the ski-runner, the specially made ski-shoes are to be recommended, and of these especially the renowned Laupar shoe. Moccasins are no longer used. The best socks are those of goat hair (which do not mat together with snow or damp), often a second pair of finer socks is worn beneath, which must be taken into consideration when fitting the shoes. With the wearing of knickers, footless sport stockings, and over these puttees, are the correct thing. Leather gaiters are absolutely impossible. The hands are best protected by gloves, with only a separate thumb place (no

Two Ladies on Ski.

finger ones), the cuffs of which reach to the elbow to prevent the snow drifting in. As a head covering, the ski-cap of the Norwegians is now the most common, the large fur caps, which covered the head right down to the shoulders, are rightly now seldom met with.

A careful choice should especially be made with regard to underclothing, here, naturally, the individual constitution comes most strongly to the front. The chief point is not to have over much in quantity, but a material as porous as possible, so that the body may exhale the increased perspiration, without hindrance. Those who are accustoned to woollen or cotton underclothing will be able to retain this for the ski-sport. Of late years much crepe and silk underwear is chosen and these enjoy great favour because of their pleasantness and comfort in wearing. The Norwegian ski costume, with long trousers, is not only the most fashionable, but also certainly the most practical, it is made of smooth cloth, or cheviot tweed. Ladies wear short skirts, or else knickers of the same stuff, over puttees.

For tobogganing, dress, with exceptions, is more dependent on fashions. With regard to underclothing the same applies as before for other sports; further strong boots with nails, knickers, short skirts, puttees, knitted caps (wich can be pulled down over the ears), sweaters, and, gloves with long cuffs, are mostly worn. The skeleton rider puts hands and arms into leather gloves without fingers, wearing warm gloves underneath, and buckles brake irons on the toes of his boots. In bobsleighing the team is dressed as much as possible alike, and carries, on cap and breast, a badge indicating the bob.

* * *

Implements for Sport.

Already we have taken the opportunity to refer to some of the Swiss sporting implements. The purchase of these, for many purses, really expensive implements, is a matter for confidence in recommendation. In ones own interest one goes therefore to a well known firm, and we recommend the advertisements of this book as a guide.

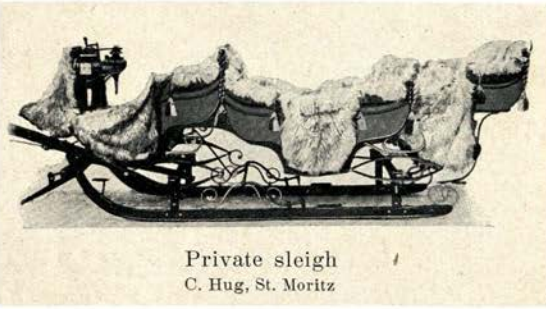
Through the spread of ski-running, naturally more and more firms manufacture skis, all the same, it is not everyone, that can make and maintain, a name for themselves. Certainly now-a-days, there is no necessity to obtain Norwegian fabrications at a high price, home firms produce some names, whose skis are used, and highly esteemed by the best runners.

Skeleton with sliding Seat.
Christian Mathis, St. Moritz.

Of such firms, Thos. Björnstad & Co. of Berne is well known as one of the first who supplies every kind of sporting requisite and maintains branches at many Tourist Centres. Other similar firms worthy for recommendation are Fritsch & Co., Zürich; D. Denzler Sons, Zürich; Woodenwork Factury Murgenthal Co. Ltd. (Ski-Mark "Schweiz"); Rud. Ettinger, Davos; Adolf Zuber, St. Moritz; Och frères Zürich and Genf; and others.

The bob is a St. Moritz invention and therefore finds here

its peculiar manufacture and study, from several specialists, such as Christian Mathis and L. Martignoni. Other first class Sports centres however likewise produce builders of Bobsleighs among whom are — Aug. Hartkopf and Peter Ettinger of Davos; Carl Feierabend of Engelberg and others firms might be mentioned. We have arranged, in this book, a large number of interesting illustrations, which will distinguish the various models of iron bobs and skeletons. One of the pictures shows a Bobsleigh by Bachmann Brothers of Travers which enjoys great popularity on many runs. Grindelwald is likewise well known for a prosperous manufacture of toboggans, the new Velosleigh is a Grindelawld invention.



Private sleigh
C. Hug, St. Moritz

For racing and superior sleighs the firm of C. Hug of St. Moritz is well known for excellency.

The manufacture of skates, has not greatly prospered in Switzerland, but the famous makes of other lands are sold here. In this way the firm of H. Meng of Davos, sells the famous "Salchow" skate, which in the course of ten years has won eight World's Championships and seven European Championship prizes.

That all other sport implements, as well as the best and newest in sport clothing, may be obtained at all Winter sport centres and in all the larger towns, may be taken for granted, from the well known business habits of the Swiss.

„Salchow"-skate

Firms like those we have mentioned above and many others bear witness to the undoubted efficiency of this country.

The often hotly contested victors' medals, as well as club badges are produce by a well known and capable firm Hugu-

enin Bros. of Le Locle, in great artistic style as the amexed picture will testify.

The Training.

It is not practicable to give here a definite guide to proper Sport Training. Yet the reader will find some points mentioned in the Chapter "Inns and Huts of Winter sport." Beside these we refer him to the abundant special literature which every publisher lays under one notice in his catalogue.

J. P. Muller in "Mein System" writes: "The basis of a successful training is a normal life: a mixed diet with more vegetables than meat and no drink till the meal is finished, fruits in every form, very little, if any, alcohol, nicotine or tea, regular normal digestion, plenty of sleep, 8—10 hrs., much fresh air, a locality free from smoke, pure nasal breathing, regular care of the skin, a warm bath weekly at the least, daily working of the muscle."

To the feminine sex we recommend the excellent book by a lady Dr. Mensendiek "Die Körperkultur des Weibes" (Physical culture for women), Bruckmann, Munich. Sport in whatever form it may be exercised makes demands on the body which require a corresponding supply of nourishment. Only those can attain a genuine deligth in Sport who while in the pursuit of bodily exertion, take care to remain in good health and this can only be done by the punctual supply of light and useful nourishment. There are together with chocolate, which hitherto has served the purpose excellently, a number of so called "pick-me-ups", but most are more or less defective. As a concentrated form of nourishment for Sportsmen some recommend specially the Hygiama-Tablets which are easily carried in the pockets or rucksack and do not melt or spoil when subjected to heat.

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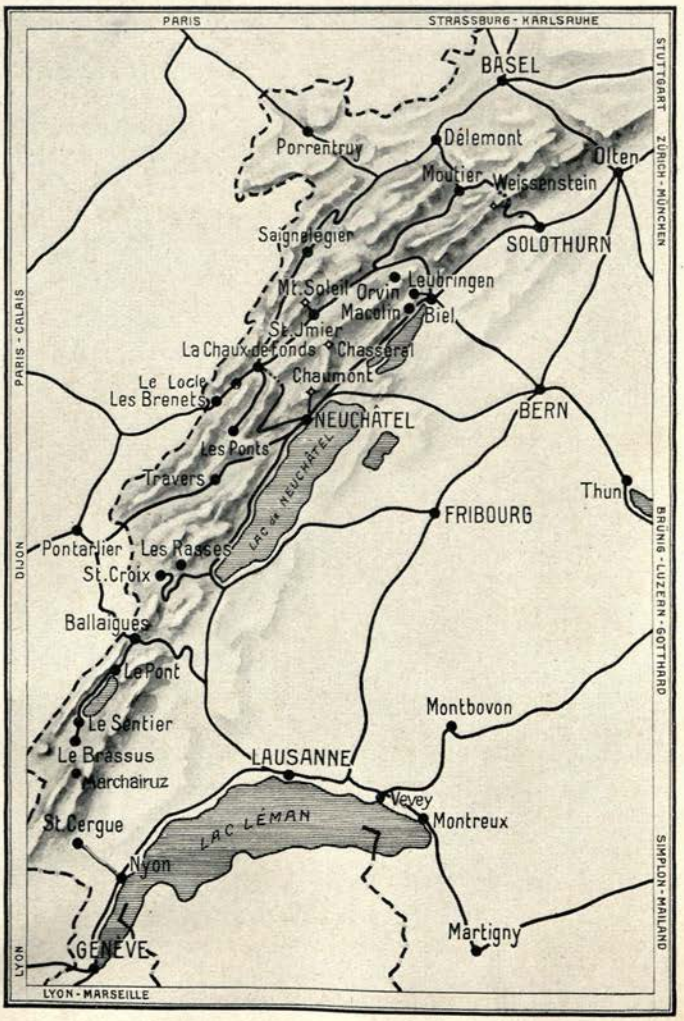
Phot. Rupp, Meiringen.

Hoar-Frost.

Jura District.



I.

Jura District.

In the North Western part of Switzerland, stretch long extending mountain ridges, some parallel, some united at one end after the manner of a fork, their heights covered with forests and snow fields rising by slopes, more, or less, steep. They mostly enclose narrow and very romantic valleys. These are the Jura.

The towering, wildly rent, mountain teeth are wanting here, the silhouette of the Jura heights form gently running lines, often extending many miles long, and then falling, quite without warning steeply to the lowlands. The ridges of the mountains are usually free from woods and are covered with wide stretching meadows, which towards the North and South, slope gently down to the valley.

These make the Winter sport district of the Jura, a unique ski-territory, immeasurable both in space and in number of the tours, which it offers to the ski-runner.

The Jura are exceptionally rich in snow, and often the climate is rougher than in the Winter stations of the higher Alps. But the sun, the glorious Winter sun, belongs to them also, and delightful white Winter days without mist, are the rule in the Jura heights.

The hardy vivacious people of the Jura, have turned to use the advantages of climate and formation, given by nature in such lavish profusion. They have installed Winter sport

centres, which already have found most widely spread acknowledgment. These all bear the same character, only that a greater, or smaller amount of energy and capital have been able in some places to develope the sporting life and make it more animated and varied, through increased arrangements for sport and more up to date hotels.

The accomodation for visitors in the Jura in Winter, is not merely good enough for its purpose, but in most places will be found comfortable and luxurious, not forgetful of the inner man.

Communications and Railway.

The order of the descriptions in this part of the book is N. E. to S. W. corresponding to the course of the Jura mountains.

Almost all the valleys of the Jura, are traversed by a strand of the railway network of the Federal Railway (S. B. B.) which receives most of the travellers from:

1. Germany, by Basel or Stuttgart-Zurich-Olten.
2. France, by Besançon and Pontarlier.
3. The South, by Lausanne.

On the Federal lines Basel or Zurich-Solothurn-Neuchâtel are situated the Winter sport centres Weissenstein (branch, Münster-Solothurn) and heights of Bienne; also the railway runs via Bienne or Basel-Sonceboz to St-Imier, which is connected with Mont Soleil by a funicular.

From Vallorbe (station on the line Lausanne-Pontarlier-Paris) lies Ballaigues, an hour distant by Post, and from the same station, a connecting line goes into the Joux Valley, to the Winter sport centres Le Pont, Le Sentier and Le Brassus.

The Jura-Neuchâtel Railway which runs through some of the most beautiful and truly romantic valleys, climbing over ravines and mountain torrents from Neuchâtel to the heights of Chaux-de-Fonds, Le Locle and Les Brenets, offers also in Winter, magnificent views of the scenic charms of the Jura.

A mountain railway Yverdon-Ste-Croix, which discloses magnificence landscape pictures, runs along the mountain slopes to the Winter sport centres Ste-Croix-Les Rasses.

On the Weissenstein. Phot. Brügger.

The most westerly Winter sport station St-Cergue is reached by Post from Yverdon.

Most of the Swiss railways, including those of the Jura, have made reductions for sporting people, both in the cheap, or even free, transport of implements, and in subscription tickets, which are especially useful for tobogganers when the run lies near the lines of a railway. As these privileges are not always the same, and as they are often announced only as the season commences, it is impossible to give them here.

Weissenstein.

1287 mt (4219 ft) above sea level.

North of Solothurn, that charming mediaeval town on the Aare, rises the Weissenstein, one of the most famous prospect mountains of Switzerland, 800 mt (2623 ft) above the town. Direct travellers book to the station Gänsbrunnen and from there by carriage 5,5 km (3½ m), to the Weissenstein, or to the station Oberdorf and by sleigh to Weissenstein, 3,5 km

Weissenstein. Phot. Brügger.

(2¼ m). But in Winter it will be best reached from Solothurn on a good road in 2¾ hours.

The outlook on the Alps from this mountain is quite unrivalled especially in Winter. While valleys and hills are covered with an endless sea of fog, the beautiful sun shines above, and sends a health giving warmth up to 32° C (80° F). To the south, the glittering crown of the Alps greets the eye from Säntis to Mont Blanc; and to the North rise the Vosges and the Black Forest, like islands out of the grey sea.

The Weissenstein offers, above all, a first rate ground for skiing, especially for the beginner. One of the districts of 100 hectares (250 acres), belonging to the Kurhaus, in which jumping platforms are built, is especially suitable for full training. Longer tours on the heights of the Jura lead on one side deep into Aargau, on the other side to Bienne or to Mont Soleil. Toboggan runs of more than ordinary length 4 to 7 km (2½—4½ m) can be travelled also with bobsleighs, but are not however specially made for them.

For good accommodation the Kurhaus, furnished with every

comfort, is exceptionally prepared, and has moderate Winter prices.

The Swiss ski-club arranges a yearly ski-competition and jumping contest on the Weissenstein. Social entertainment is found close at hand, in Solothurn, which owns a number of hotels sufficient for every requirement. Ice sport is also catered for in Solothurn with three rinks.

Sport.

Toboggan and Bobsleigh runs: North side Weissenstein-Gänsbrunnen, 7 km. South side Weissenstein-Längendorf, 11 km. (Both are stations of the Solothurn-Münster railway.)

Ski-sport: Practising district by the Kurhaus. Jumping hills. Tours on the heights of the Jura, to Bienne and Önsingen (stations of the Federal Railway).

Ice-sport: Skating rinks in Solothurn.

Clubs and Societies: Ski-Club (subsection of the S. A. C., Section Weissenstein).

Accommodation.

Kurhaus Weissenstein. — Alpine panorama. Central heating. Toboggan run 11 km. Excellents ski-territory. Prospectus of the S. A. C. gratis. K. Illi.

Hotel Krone (Solothurn). — Old established house with modern comfort. — Proprietors F. & M. Nussbaum.

The Heights of Bienne (Biel).

705—1023 mt (2311—3354 ft) above sea level.

North West of Bienne the Jura forms a high chain, the Chasseral, whose spurs push as far as Bienne and are bordered by the imposing Taubenloch ravine. On this high plateau above Bienne are situated the air cure resorts Magglingen, 874 mt (2865 ft), Leubringen, 705 mt (2311 ft), and Prés d'Orvin, 1023 mt (3354 ft), to the first two of which funiculars ascend. At each of these places there is a Kurhaus and hotels, which keep open in Winter, offering sufficient accommodation to satisfy every demand of Winter Sport people, who know of the many enjoyable tours to be undertaken in this beautiful upland district, and who wish to use the long toboggan runs.

The ski-excursions are not confined to the snow fields near at hand, but starting from Ilfringer meadow (Prés d'Orvin) they may be extended over the heights of the far reaching Chasseral, nearly to St-Imier, and as far as Chaumont. In the

centre of the mid Bienne mountains, about one hour from the summit of the Chasseral, the Bienne Ski-club has furnished a Pied-à-terre, which is available for club members and their friends, where both food and drink are to be found.

The convenient railway express communications in the evening, to and from Bienne, are to be emphasized, as also the reductions made the two funiculars to Leubringen and Magglingen for visitors to this region.

Sport.

Toboggan runs: Magglingen-Leubringen road, 3 km. — Leubringen-height-Orvin, 2 km. — "Neues Strässli" Leubringen-Bienne.

Ski-sport: Magnificent country for practising, with especially good hills for descending and jumping. Tours: Rägiswald (Raiguel-forest), Chasseral, with return over the Prés d'Orvin to Orvin, or towards Cortébert; to Spitzberg, with return on a track, or towards Jorat. Index of tours (gratis) from the Information Office, 21 Bahnhofstrasse.

Clubs and Societies: Bienne Ski-club; Information Society with Office Bahnhofstrasse 21.

Accommodation.

Terminus Hotel Bielerhof, Biel. — Modern comforts. Moderate prices.

Railway Restaurant Leubringen. — Proprietor Miss Girard.

Chaumont.

1271 mt (4167 ft) above sea level.

From Neuchâtel there extends a longstretched, caracteristic elevation of the Jura: the Chaumont, who on its large ridge 1 km long and on its slopes of a length of about 15 km there are magnificient skifields.

The natural advantages have made the heights of the Chaumont to an agreable Winter Sport place, espesially for Skiers, but also for tobogganers. The Chaumont is now connected with Neuchâtel through a cable-railway.

Sport.

Toboggan run: The road from the Hotel Chaumont to Neuchâtel, 5 km, also for bobs.

Ski-sport: Large skifields of a length of 15 km, excursions to Chasseral and to Lavame.

Ice sport: Skating-rink near the Hotels.

Clubs and Societies: Neuchâtel Ski-club; Bobsleigh-Club Neuchâtel; Information Society with Office.

On the Mont Soleil.

Mont Soleil.

1290 mt (4229 ft) above sea level.

In the Bernese Jura, Mont Soleil (Sun-mountain), by St-Imier is the most important Winter station, both for those in search of recreation and health, as well as for sporting people with ski and toboggans. The excellent position of Mont Soleil, in the centre of the Jura region, so rich in ski-tours, the climatic superiorities and the scenic charms of those far extending ridges, not a little also the easy accessibility by means of the Federal railway (station St-Imier) have brought to the mountain and to the progressive little town at its foot, a very animated Winter traffic.

The electric funicular too unites mountain and valley, and makes tobogganing on the run extremely convenient, by bringing up riders and their toboggans. For the ski-runner, there awaits a very wide district for the most beautiful tours, which also has the advantage of most excellent guide posts.

Skating rinks have been installed both at St-Imier and by the hotels on Mont Soleil, so that there are ample opportunities for the exercise of all kinds of sport.

Not only Mont Soleil, but also the Chasseral 1609 mt, (5275 ft), South of St-Imier, are much visited ski-districts of gigantic size.

The Jura Ski-sport festivals on Mont Soleil annually enjoy great popularity, at these, beside the ski-running races, competitions are held in jumping and Slalom-running.

Hotels and restaurants are to be found both in the little town of St-Imier, and on the mountain itself in most beautiful positions and with magnificent views comprising the whole of the Alpine chain.

Sport.

Toboggan runs: Mont Crosin-St-Imier, 5 km. — Les Pontins-St-Imier, 4 km. — Mont Soleil-St-Imier, with return by means of the funicular, 3 km. Bobsleigh-races.

Ski-sport: Practising and touring district on Mont Soleil and on the Chasseral. Jumping hill on Mont Soleil. Ski-races.

TOURS.

A. Shorter tours.

1. Mont Soleil-Sommet des Eloyes-L'Asseseur-La Brigade-Mont Soleil. 1 hour.
2. Mont Soleil-Sommet des Eloyes-Cerneux-Veusil dessus. 1½ hrs. there and back.
3. Mont Soleil-Sommet des Eloyes-Cerneux-Veusil dessous. 1½ hrs. there and back.
4. Mont Soleil-Sommet des Eloyes-Chaux-d'Abel. 2 hours.
5. Mont Soleil-Sommet des Eloyes-Mont Crosin-Mont Soleil or St-Imier. 2 hours.

B. Half day tours.

6. Mont Soleil-Les Breuleux. 2½ hours.
7. Mont Soleil-Les Bois. 3 hours.
8. Mont Soleil-Noirmont. 3½ hours.
9. Renan-La Cibourg-La Ferrière-Mont Soleil. 3½ hours.
10. Sonceboz-Jeanbrenin-Mont Crosin-Mont Soleil. 4 hours.
11. St-Imier-Les Pontins-Plan Marmet-Les Pointes-Col Fornet-Les Bugnenets-Les Pontins-St-Imier. 3 hours.
12. St-Imier-La Baillive-La Perrote-Les Plânes-Combe de Himelette-La Savagnière dessous-Les Pontins-St-Imier. 2½ hours.

Besides these a number of all day tours. The Bienne ski-club has a map for these ski-excursions which all are strongly recommended to obtain. Index of all possible tours can be had gratis at the hotels.

Ice-sport: Ice surfaces in St-Imier, on the Mont Soleil and in Villeret.

Clubs and Societies: St-Imier Ski-club. — Information office.

La Chaux-de-Fonds and Neighbourhood.

992—1419 mt (3252—4652 ft) above sea level.

The district of the famous watch making "village" of Chaux-de-Fonds with its 40,000 inhabitants is well suited for all kinds of Winter sport. La Chaux-de-Fonds is the junction of the lines from Neuchâtel (Neuenburg), Locle, Les Ponts, Saignelégier, Bienne-St-Imier and Morteau-Besançon.

The height N. E. of the place Pouillerel 1276 mt (4073 ft) as well as those South of it, Tête de Rang 1425 mt (4560 ft) and Mont d'Amin 1419 mt (4540 ft) carry on their upper, forest free slopes, and their ridges, magnificent ski-fields, which allow of excursions as far as the Chasseral with a return journey down to St-Imier. The toboggan runs nearest Chaux-de-Fonds are acknowledged as excellent, so that the bob may also be used.

Le Locle has equal advantages as a centre for the Winter sportsmen, as also has the village of Les Brenets 750 mt (2400 ft) lying close on the border of France on the idyllic lake of that name. It is the terminus of the line Locle-Les Brenets. The place has a picturesque position about 200 mt (640 ft) above the lake. The near basin of the Doubs, which forms in Winter a large ice rink of about 9 km (5½ m) long and the grotesque ice pictures of the Doubs falls, form a great attraction to friends of Winter, nature and sport. For the latter there are fine toboggan runs and an extensive territory for ski-ing.

Beside on the Lac de Brenets, skating is also practised on a artificial ice rink, by the Hotel des Mélèzes, near Chaux-de-Fonds. The sport clubs of La Chaux-de-Fonds arrange every year ski-competitions, toboggan and bobsleigh races.

Sport.

Toboggan and Bobsleigh runs: From the Pouillerel to La Chaux-de-Fonds, excellently laid out, 2,5 km. — From Vue des Alpes to Hauts-Geneveys, having most beautiful and interesting sections, 4 km, continuation of this run to Chézard, about 3 km — Short runs in the neighbourhood of Les Brenets. — Long run, for Bobs, from Sommartel to Locle, 9 km.

Ski-sport: Fine practice and touring districts on the Pouillerel, Tête des Rang, Vue des Alpes, Mont d'Amin, Mont Racine, Sommartel, Chasseral etc.

Ice sport: Rink by the hotel des Mélèzes, near La Chaux-de-Fonds. On the Lac de Brenets.

Clubs and Societies: La Chaux-de-Fonds Ski-club. — La Chaux-de-Fonds Bobsleigh-club. — Information Office.

Ste-Croix and Les Rasses.

1150—1183 mt (3770—3878 ft) above sea level.

Ste-Croix has, with its neighbour, Les Rasses, developed into one of the most important Winter sport places of the Jura. From Yverdon, by one of the most magnificent mountain railways of Switzerland, the traveller is carried over interesting constructions up into the broad high valley of Ste-Croix, which is flanked to the South by some of the noted Jura mountains, Chasseron, Mont Cochet and the Aiguilles de Baulmes.

The beautiful position of both places, the climatic conditions, dry air, and the absolute freedom from dust of the atmosphere, destined Ste-Croix and Les Rasses for an air cure resort in Winter, as well as Summer.

On sunny Heights.

View from the Jura on the Alps.

All the same it is visited more by sportsmen, who, either wish to make use of the especially favourable ski-territory on the now gently sloping and now steep sides of the Jura heights, or else are attracted by the light hearted company of the tobogganers, who are able to find here quite a number of fine runs. Three of the most magnificent ice rinks, also yearly entice a large number of lively people to their mirror like surfaces.

A point of attraction of the first importance for ski-runners is offered by the Chasseron 1611 mt (5281 ft) which not only opens up magnificent tours on its slopes, but has also on its ridge an almost unlimited plateau, from which one may enjoy an extensive view of the distant Alps, when at the foot a gigantic sea of fog fills the depths of the valleys.

Sport.

Toboggan runs: Runs near Ste-Croix and Les Rasses. Long run from Col des Etroits on the road from Noirvaux, also traversable for Bobs.

Ski-sport: Magnificent tours on the plateau of the far extending Jura heights, for instance from Suchet as far as Creux du Van, 30 km; on the Chasseron, the Aiguilles de Baulmes, Mont Cochet etc.

Ice sport: Three ice rinks; La Rochettaz 10 minutes from Ste-Croix; La Commune ½ hour from Ste-Croix; near the Grand Hotel des Rasses.

Clubs and Societies: Ski-Club Ste-Croix. Development Society Ste-Croix.

Accommodation.

Hotel de Londres, Yverdon. — Most highly recommended. Central heating.

Hotel d'Espagne, Ste-Croix. — 60 beds. Central heating.

United Hotels Beau Regard and Mont Fleury, Les Rasses. — 100 beds.

Grand Hotel des Rasses, Les Rasses. — Lovely situation. Modern comfort. Central heating.

Ballaigues and its Neighbourhood.

930 mt (3049 ft) above sea level.

From Vallorbe, a station on the line Lausanne-Pontarlier, one arrives by the post (three times daily), or on foot in 1 hour at the Winter sport centre Ballaigues, which lies in an enchanting situation above the Orbe valley. The view from this village is wonderful; the whole Alpine chain is before one's eyes in its magnificence. From Ballaigues there are excursions well repaying the traveller's enterprise, for instance Mont Suchet (2 hrs. on ski) and the Saut du Day, the latter of which appears most wonderful in its Winter dress, the ice forms having, often, an absolutely overpowering beauty. Very remunerative ski-tours may also be carried out in the neighbourhood. Satisfactory, and very well maintained, toboggan runs, usable also for bobs, are at the service of the sporting activity, likewise a large skating rink near the village. The Grand Hotel Aubépine is open in Winter.

Sport.

Toboggan and bobsleigh runs: 2 runs from 1—4 km.

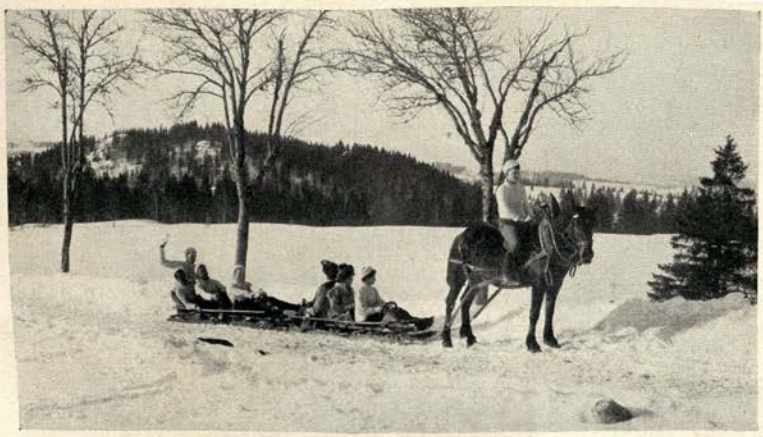
Ski-sport: Practising districts in the neighbourhood are most numerous above Ballaigues. — Tours on Mont Suchet, Mont d'Or, Dent de Vaulion, to Ste-Croix, Pontarlier and Mouthe.

Ice sport: Ice rink near the Grand Hotel Aubépine.

Club: Ballaigues Ski-club.

Accommodation.

Grand Hotel Aubépine. — Magnificent position with lovely views. Suites of rooms with baths etc. Lift.



Return to the Start.

Le Pont.

1050 mt (3442 ft) above sea level.

A Winter sport centre of some consequence is Le Pont between Lac de Joux and Lac Brenet, which are only separated from each other by a narrow strip of land. Le Pont is a station of a branch, from Vallorbe, of the S. B. B. line Lausanne-Pontarlier. The Joux valley, 18 km (11¼ miles) long, is of romantic beauty. The surrounding mountains of the Jura here often show instead of gentle slopes, steep precipices as much as 500 mt (1639 ft) high, which with the frozen lakes, as clear as a mirror, form a picturesque landscape, in combination with the snow covered woods, near by, in their white magnificence. The climate is certainly severe, but the air is of faultless purity. The snowfall is from November to April, extra ordinarily large.

Not only does the sportsman find here an almost perfect ski-ing country, but the progressive managers of the valley with their excellent arrangements offer him splendid toboggan runs and ice rinks, in good positions the latter on the lake.

In the Joux valley there lie, also, the Winter sport stations of Le Sentier, 30 minutes, and Le Brassus, 35 minutes by rail.

Sport.

Toboggan runs: Road to Vallorbe. — Road from l'Abbaye to Le Pont. — Dent de Vaulion 1487 mt to Le Pont. — Shorter runs near the Hotels.

Skeleton runs: Skeleton run of 1½ km near the place.

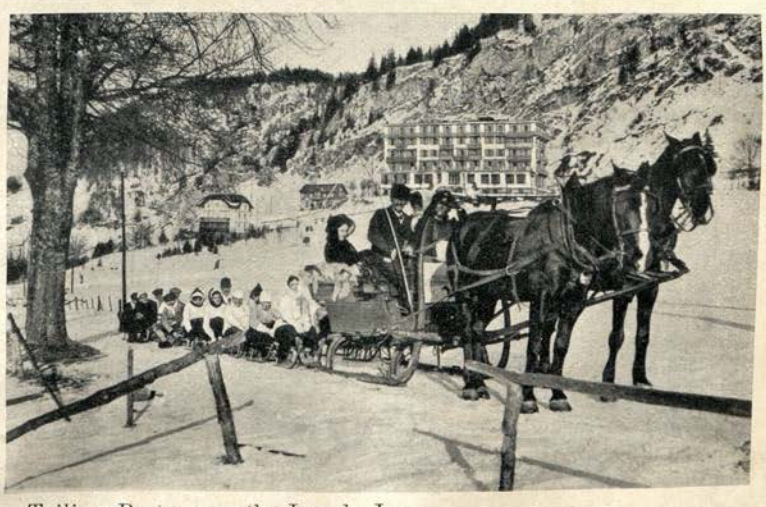
Ski-sport: Practising districts and jumping hills near the place. Tours (time given for there and back): L'Abbaye, 1 hour; Epinettes, 1 hour; Roche fendue, 3 hours; Asile du Mollendruz (1181 mt), 3 hours (restaurant); Dent du Vaulion (1486 mt), 3½ hours, very paying; Risoux via Charbonnières, 3½ hours; La Frasse via Séchey, 4½ hours; Lac Ter via Le Lieu, 3½ hours; La Frasse, la Fontaine aux Allemandes, Combenoire, Côte Rocheray and back with the railway, 4 hours; Pré de l'Haut (1376 mt) via Pétrafelix (1150 mt), 5 hours; Mont Tendre via Pétrafelix and Racine, 6 hours; Mont d'Or (1463 mt) via Echelle or Cret Cantin, 7 hours (Restaurant Petite Echelle); Marchairuz (1450 mt), le Brassus and back the same way, 4½ hours; Monthe via Risoux, 9 hours.

Ice-sport: On the Lac de Joux, where the rink is ever kept free from snow. — Hockey and curling.

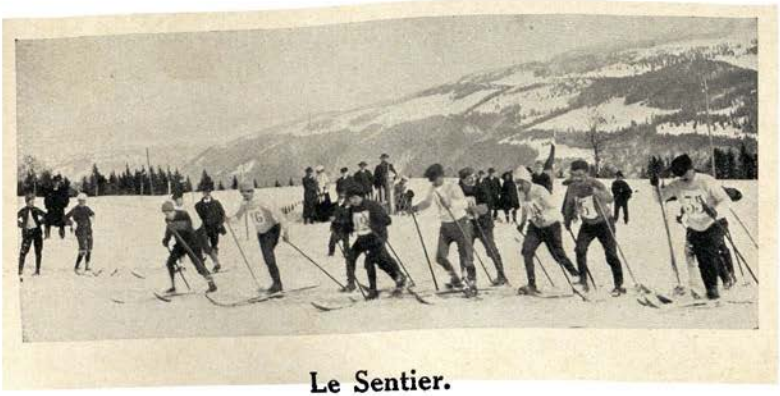
Clubs: Le Pont Ski-club.

Accommodation.

Grand Hotel du Lac de Joux. — All Winter Sport. — Hotel of the 1st Rank, with every modern comfort. — Resident Physician, own Orchestra.



Tailing Party near the Lac de Joux.



Le Sentier.

1024 mt (3354 ft) above sea level.

Le Sentier, on the line Vallorbe-Le Pont-Le Brassus, has almost the same climatic conditions as its neighbour Le Pont. It lies on the West bank of the Lac de Joux, whose ice surface, when free from snow, forms an excellent skating rink. A suitable ski-district, and the toboggan runs on the road from the heights to the village, give every opportunity for pleasant sport. The neighbouring places of Le Pont and Le Brassus are favourable excursions, while a brisk intercourse is kept up between the three stations.

Sport.

Toboggan runs: Runs from the Jura heights into the valley.

Ski-sport: Practising districts near the village. Territory for longer tours.

Ice sport: On the Lac de Joux, and Lac de Brenet.

Le Brassus-Marchairuz.

1040—1450 mt (3430—4753 ft) above sea level.

The village lies in the centre of the broad snow fields, near the Lac de Joux, and is the terminus of the line Vallorbe - Le Pont-Le Brassus. Here is every opportunity at hand for long and beautiful ski-tours, beside plenty of toboggan runs, while the Lac de Joux, when it is free from snow, offers a magnificent surface for skating.

Marchairuz, one of the most sublime view points in the Jura, lies above Le Brassus, on a plateau well protected from

wind. The well regulated hotel, in the centre of this magnificent ski-district, forms in Winter a favourite rendezvous for sports people.

Certainly there is hardly a district where ski-sport is exercised by young and old with such fiery zeal as here. One has the opportunity to watch quite respectable performances, even from the smallest, both in running and jumping.

Sport.

Toboggan runs: On the road from Col de Marchairuz to Le Brassus.

Ski-sport: Beautiful practising district. — Tours in the neighbourhood, or further to Le Marchairuz (1460 mt), Le Pont, Le Mont Tendre, Passage de Mollendruz, La Cure etc.

Ice sport: On the Lac de Joux.

Club: Le Brassus ski-club.

St.-Cergue.

1100 mt (3606 ft) above sea level.

The most Southerly Winter sport centre of the Jura district is the little village St-Cergue, rich in scenery, two hours drive above Nyon on Lake Geneva (Station of the Federal Railway). The place lies spread out on the N E slope of the highest peak of the Swiss Jura, viz Dôle 1680 mt (5508 ft) with its glorious far reaching view.

St-Cergue is a small but flourishing Winter station which in the last few years has been greatly visited. For ski-runners it is an excellent centre, and for the other kinds of sport there is provision, such as toboggan runs and ice rinks partly natural, and partly artificial.

Sport.

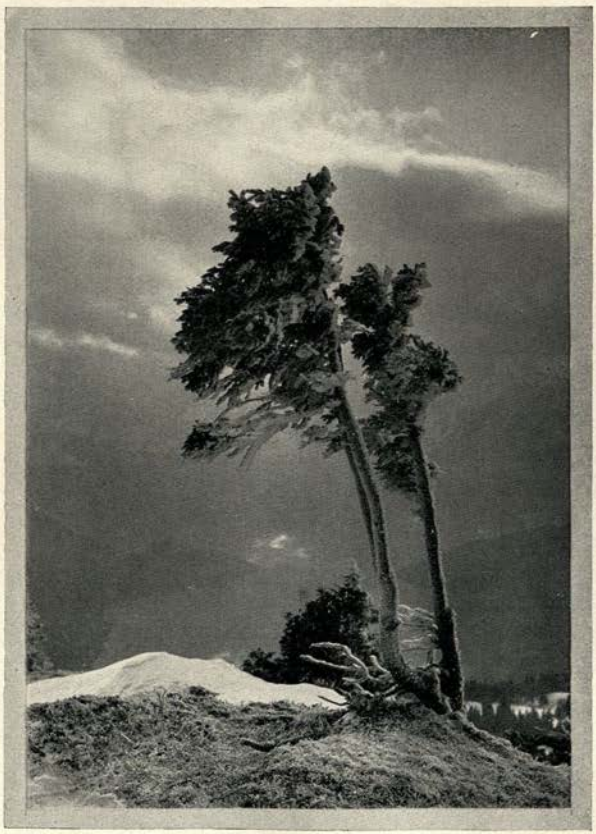
Toboggan run: On the road, 2 km.

Bobsleigh run: On the road, 6 km.

Ski-sport: Practising districts round the place. — Tours: La Cure, Arzier, Faucille, Fruitières de Nyon, Belvedère, Vieux Château, La Giorine, La Glacière, Le Noirmont, etc. etc. Ski Races.

Ice sport: 2 skating rinks in the place, also for Bandy and curling. Ice rink at the Grand Hotel, 6000 m^2 (1 1/2 acres).

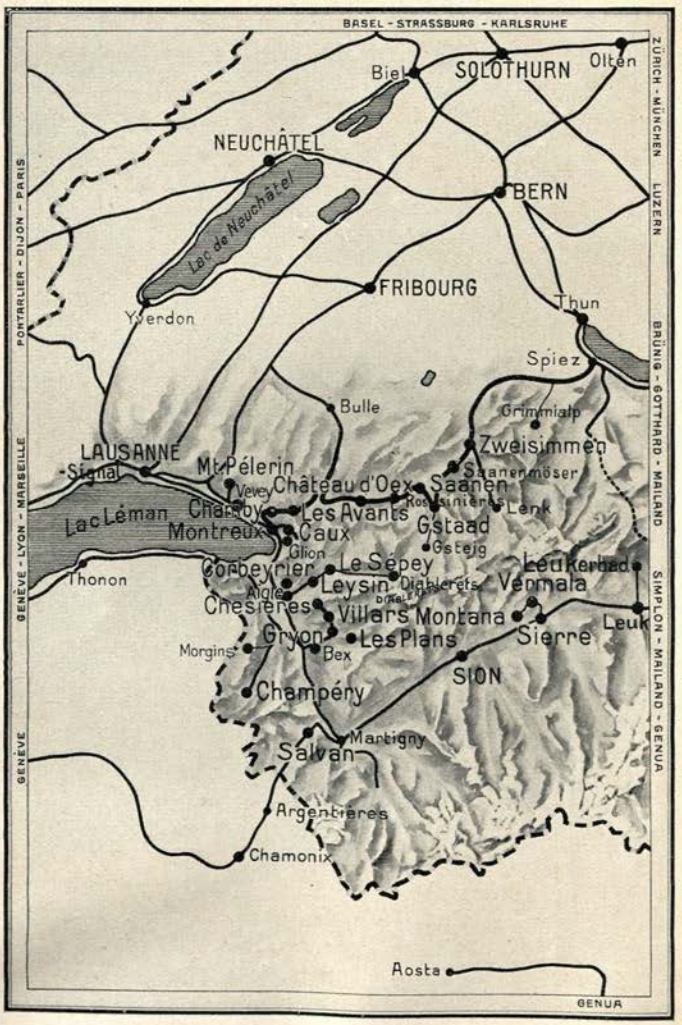
Club: Sporting Club of St-Cergue.



Phot. Rupp, Meiringen.

After the storm.

In the Cantons of Geneva, Vaud and Valais.



II.

In the Cantons of Geneva, Vaud and Valais.

A Winter sport district, of characteristic charm, encloses the Southern part of Canton Vaud (Waadt), this is that of the famed Health Resorts of French Switzerland, which may claim the grandest views of the wonders of the Alpine world that can be named. The most popular of the Vaud Winter sport centres, are situated at a height of from 700 to 1000 mt (2300 to 3300 ft) on terraces and plateaux, above the lake of Geneva, or above the Rhone Valley. Their popularity is assured, in the fullest measure, by the advantages of positions protected from wind; and the possibility of abundant sunshine; two chief factors for Winter stations.

Vaud with its mountains, so rich in variety; with its broad Alps and meadows; is an excellent district for the practised ski-runner, in which he is able to carry out countless tours, of all gradations in their demands on his skill; several passes and peaks with fine views being accessible in Winter on ski. Of the utmost grandeur is the view from these heights; including usually the king of the Valais Alps, the silver Dent du Midi with its seven peaks, and also, often, the whole mass of Mont Blanc. Renowned are the sunrise and sunset, the splendid colour reflections, with the shining icefields of the Valais mountains.

The Vaudois are a wide-awake people, they unite the vivacity of the neighbouring French, with the more quiet character of the Swiss Alpine inhabitants. With clear foresight, they comprehended the advantages which the modern Winter sport was able to bring them, they very soon endeavoured to attract the attention of Winter sports people to themselves, and their district, by means of agreeable sporting arrangements. To-day every kind of Winter sport is carried on in Vaud, even the ice run for skeleton riders is not lacking. The Hotels are well arranged for Winter residence, and those in need of healing find, in the sanatoria of Leysin, model establishments of wide spread fame.

Canton Valais, the third in Switzerland in point of area, is really only one valley 155 km (95 m) long, with many side valleys, shut in by the mightiest mountains of our Swiss Alps. Through it flows the Rhone, and, mostly side by side, the Simplon line of the Federal (S. B. B.) railway. The changable landscape, and the configuration of the territory in Valais is most interesting; within it, or on its borders, tower defiantly into the blue ether the most renowned Alpine peaks, the Dent du Midi, Mont Blanc, the Matterhorn and Monte Rosa. Its side valleys are in parts most romantic; such as the Val d'Illiez with the Winter-sport place Champéry, the Chamonix valley with Salvan (Argentières and Chamonix in Savoy) in other parts they are more peaceful. All the Winter stations of Canton Valais lie in its Southern side valleys; with the exception of Leukerbad and Montana-Vermala, which are on the Northerly high plateaux, above the Rhone.

In these latter Winter quarters the severe Winter so extremely rich in snow, especially caracteristic of the Chamonix valley, is not to be found, they are more Air Cure Resorts than Winter Sport places, while all the rest of the Wintersport stations (mentioned here) in the side valleys, are primarily sport centres, and valued as such.

The inhabitants of lower Valais, have brought much of the lively French character from over the border. Their hotels, now comfortably furnished for the acceptance of Winter guests, and also the sporting entertainments which annually take place there, give evidence that the modern Valais people understand the demands of Winter Sport.

Access and Railway Communications.

The Winter resorts treated in this section, lie above the Lake of Geneva and the Rhone, being traversed by the S. B. B. from Lausanne, via Aigle, to Brigue. From individual stations many mountain railways have been built; we ennumerate the following:

1. From Montreux to Glion (electric cogwheel line).
2. From Territet to Glion (funicular).
3. From Glion to Caux and on to the Rocher de Naye (cogwheel line).
4. From Aigle to Leysin (electric cogwheel line).
5. From Bex to Gryon, Villars and Chésières (electric line).
6. From Sierre to Montana-Vermala (funicular).

All these lines have given facilities and reductions for the transport of sporting implements.

With the post are reached the Winter sport places Corbeyrier, Le Sepey and Diablerets from Aigle, Les Plans from Bex.

From the South, as from the North, the Simplon line of the S. B. B. brings visitors of Valais in the Rhone Valley.

Geneva.

378 mt (1239 ft) above sea level.

At the S. Westerly corner of one frontier, Geneva (116 000 inhabitans) opens the door of entrance to Switzerland. The City, built at the outflow of the Rhone from the Lake of Geneva, ranks as one of the largest, most important and most beautiful of the Swiss towns. It follows the French type in architecture, language and customs — Its mild climate (average yearly temperature 9·3 C = 48,7 F; its glorious situation with outlook on the softly gently rising Jura chain, and on the rugged, glacier crowned Savoy Alps which are topped by Mount Blanc; the rich Art treasures, the active trade, with the lively intellectual and social life, stamp "Little Paris", as the town is sometimes called, as an international metropolis which offers a pleasant and profitable residence for the Winter Tourist.

In the neigbourhood of the quays when the breeze throws the foam topped waves on the trees, a magnificent and rare

Geneva and the Alps. Photoglob Co.

theatrical display is seen of natural ice galleries with fantastic pictures. — The excellent railway connections with the Jura district, the Bernese Vor-Alps and Vaud (by the Simplon) indicate Geneva as an entertaining place for the Winter Sportsman to fix his quarters.

Sport.

Toboggan runs. — Mount Salève, Funicular.
Ski-Sport. — Salève, Jura, Faucille and St. Cergues.
Skating. — Skating rink at the junction Pallanterie Vesenez, Meyrin, Kriegweg (Florissont), Couches.

Lausanne-Ouchy.

515 mt (1688 ft) above sea level.

The right shore of the Lake of Geneva from the university town of Lausanne, as far as Vevey, and the composite town of Montreux so beautifully embedded by the high mountains towards the North and closely united with Clarens, Glion and Territet, is a stretch of country popular with all nationalities. At all seasons but especially in Autumn, Winter and Spring, it is favoured by nature in every way. Immediately on leaving the station at Lausanne, and observing the long line of im-

posing hotels, magnificent inside and out, its popularity is self evident to the traveller. He perceives it both in the town, lying on a height above the broad surface of the lake, and in its harbour of Ouchy stretching on the lake shore. This industrial commercial town, with is merry humorous and yet earnestly steady citiziens, its interesting sights, of which we will but mention one, the cathedral, makes an attractive impression on all serious observers. It maintains a warm, cheerful and peculiarly interesting welcome, from the young people of all nations learning the French language, at the many well known institutions, and public and private educational establishments.

For Wintersport (skating), the Sauvabelin pond is the chief attraction. It lies in the centre of woods and covers a surface of 12.000 m² (3 acres). Ski-runners and tobogganers can reach the high lying St. Catherine 900 mt (2950 ft) in a very short time, where there is a skating rink of 40.000 m² (10 acres) and which is well suited for tobogganing and ski-ing. Also the heights at Signal (funicular) are frequented by visitors. Moreover, from Lausanne one can reach by train, very quickly, Ste-Croix-Les Rasses in the Jura (via Yverdon), which with its immense slopes, forms an ideal district for Alpine Wintersport of every kind.

Lausanne. Photoglob Co.

Sport.

Toboggan run: From the Lake in the Sauvabelin forest towards Flon Valley.
Ski-sport: Practising district not far from the above Lake.
Skating: On the S. of the Lake.
Clubs etc.: Development Society Lausanne.

Accommodation.

Beau-Rivage-Palace Hotel (Ouchy). — Situated in the middle of a splendid park, bordering the lake, superb view over the mountains. First class establishement of ancient standing with all the most modern installations. O. Egli, Director.
Carlton Hotel. — First Class Family Hotel. Magnificent position between Town and Lake. Modern comfort. L. Müller-Kienberger.
Eden Hotel. — Quiete recent, the best situated near station. Every comfort. G. Gercké.
Hotel Mirabeau. — Modern First Class Hotel in beautiful position. F. Holzinger, formerly at Montreux Palace.
Hotel Mont-Fleuri. — Anglo-American Residential family-hotel. Centrally situated in the healthiest location of the town and facing full South. Central-water heating. W. Steffan, Propr.

Vevey.

385 mt (1263 ft) above sea level.

Vevey (16,300 inhabitants) with its large hotels, behind the quay, is the next genial tourists centre along the vine clad Northern shore. In a sunny bay of the lake, the town rests at the foot of the gently rising Mount Pelerin and the Pleïades. From the opposite the Savoy Alps shine across the water while in the S. E. tower, in the clear air, the bold teeth of the "Dent du Midi". Magnificent situation, mild climate (average yearly temperature 10·4 C = 50,7 F), with little fog, substantiate the good fame of this Town, as a healthy and pleasant Tourist Centre. In Vevey Château Couvreu by the hospital and the various Colleges form sights worthy of examination. From here two lines run to the sub-Alpine Winter sport district of the Greyerz — one via St-Légier to Châtel St-Denis, the rendez-vous of Winter sport lovers, the other via Blonay to Chamby, Les Avants and Château d'Oex. Further, the line up Mont Pélerin 1084 mt (3570 ft), with its Winter station, should be mentioned, and the sports district of the opposite heights of Les Pleïades 1364 mt (4500 ft), both of which give a view over the Lake to Mont Blanc, and which offer the finest toboggan runs.

Vevey Phot. Wehrli.

Sport.

Toboggan and Bobsleigh Run: Pleiades-Vevey.

Ski-sport: On Les Pleiades, 1364 mt (1420 yds).

Skating: A rink in Vevey 8000 mt² (2 acres). One in St. Legier, and one on Mount Pelerin.

Accommodation.

Grand Hotel d'Angleterre. — Modern renowned, splendid situation between town and near steamboat station. Billiards. 2 lifts. Tea-room. Florin-Ritz, Propr.

Hotel des Trois Couronnes. — Near the Landing Stage. Magnificent outlock on Lake and Alps. Electric light. Suites with Bath and Toilet. Hot water heating in all rooms. Terrace.

Hotel Pension Nuss. — Open all the Year. New comfortable house with 50 Balcony rooms. Magnificent sunny situation with wonderful outlook. First Class cuisine, Hot water heating. Proprietor: L. Nuss-Ackermann.

Beaumaroche—Mount Pelerin.

900—1084 mt (2950—3554) above sea level.

The Funicular Railway mounts from Vevey to Beaumaroche a terrace on the Southern Slopes of Mount Pelerin where several Hotels offer every accommodation. — Toboggan, Skating and Ski Sport — Information Office, Vevey.

Clarens-Montreux-Territet.

400 mt (1311 ft) above sea level.

These renowned places (Clarens, Montreux, Territet, Chillon) known under the title of Montreux, and lying at the East end of the Lake of Geneva, are excellent climatic cure resorts, for the Lake regulates the temperature, by preventing strong variations. In the face of the statistic tables of the climatic conditions of Montreux, one can truly speak of it as a most favoured stretch of land. While the upper slopes of the sub-Alpine mountains, intercepting the North wind, are covered with fir woods, the lower parts are covered with vines and fruit trees, which thrive here in a greater height than in other places. Thus the limit for vines here is fixed at 600 mt (1967 ft), and for cherry trees twice this height. Does it need any further arguments, to prove the excellence of climatic influence, so bracing and healthy for weak constitutions.

As is well known, Montreux has an alkaline spring which are identical with those of Evian in Savoy and Wildungen in Germany. They are prescribed for diseases of the urine, liver and kidneys, and with them one fights constipation, while they are specially advantageous for dyspepsia. At the same time it is an excellent stimulating table water. — Of the landscape beauties of this part of the Lake of Geneva, with its shore studded with old forts and castles, one need hardly speak further. Every one who has once stayed here, be it but a few hours, will be impressed unforgettably, and ever aluringly, by the form of the mighty overpowering Dent du Midi, at once bold and gentle with its beautiful, many toothed icily glorious crests.

Sporting recreation is not wanting in the neighbourhood of Montreux. The heights above are easily and quickly reached by the railways (Montreux - Bernese Oberland, Les Avants-Son Loup, Montreux-Glion, Glion-Rochers de Naye). These introduce not only a rich district for excursion; but also bring one to many places for skiing, tobogganing, bobsleighing, curling and bandy. And he who has had sufficient of sport, will find, in the Kursaal, social amusement of the highest artistic stimulation.

The sporting entertainments, meetings, ski-races and jumping competitions, always attract numbers of amateurs.

Territet-Montreux-Clarens Phot. Wehrli

And so we find Toboggan-runs: in *Les Avants* 3 km *Caux* 4 km, *Glion* 3 km; Bobsleigh-runs: in *Les Avants, Caux;* Skating rinks: in *Les Avants* 15000 mt² (3³/₄ acres), *Caux* 8000 mt² (2 acres), *Glion* 2000 mt² (¹/₂ acre); Bandy and Curling: in *Les Avants*, *Caux*. The whole neighbourhood of *Caux* and *Les Avants* is eminently suitable for *Ski Sport* and for longs and shorts Ski-Tours made easier by the above mentioned mountain railways. An the height of 1400 mt (4590 ft) there is a Ski-hut, the Chalet de la Plaignaz.

Further it should be mentioned, that, in Montreux, every religious denomination is provided for. The Swiss Protestant, the Roman Catholic, the English Church, the Russian and the Presbiterian and the Free Church celebrate their services in their own buildings.

. And yet this is not all! There are excursions in the immediate neighbourhood: as, for example, along the Lake to the CastleChillon, or to the Chaudron ravine; Castle Chatelard;

Montreux-Territet.

Castle Blonay; to Territet; Veytaux; or up the mountain to Glion (cog-wheel railway), and Caux. In Montreux, is the starting point for the railway Rochers-de-Naye 2045 mt (6816 ft), which affords an unrivalled practising district for ski-ing and tobogganing. It is also the starting station of the Montreux-Berner-Oberland railway, running, via Les Avants, through the Saanen, and Simmen valley, either into the Gruyère valley, or to the Lake of Thun. From Les Avants a funicular runs to the Sonloup pass. Thus one has, from Montreux, convenient communications with the Alpine sports district.

Accommodation.

Grand Hotel and Hotel des Alps (Territet). — 410 beds. Magnificent Establishment in unrivalled position on the Lake of Geneva. Furnished with every modern comfort. Private bath rooms. — Railway and Steamboat station: Territet.

Hotel d'Angleterre (Territet). — Well above Lake. Entirely modernised. First-class. Quiet. Homelike. Mod. Terms.

Grand Hotel Bonivard. — Magnificent Position. Comfortably furnished, Good Sanatory arrangements. Central heating. Lift. Garage. Frau Adrien Alblas.

Hotel Breuer. — 100 beds. Proprietor G. Breuer.

Hotel Bristol. — Magnificent position. Modern comfort. 130 rooms. Omnibus at the Territet and Montreux stations. Proprietor J. Jeannod.

Hotel Continental. — Charming situation on the new Quay with view of lake and Alps. Modern comfort. E. Eberhard, Propr.

Grand Hotel Excelsior. — Distinguished Family Hotel. Modern comfort. Numerous public rooms. Magnificent situation on the Lake.

Hotel Lorius Deutscher Hof. — On the New-Quay, close to the Sport Pavillion with magnificent view of Lake and Mountains. New bath installations. Central heating. Lift. Omnibus.

Grand Hotels Monney & Beau Sejour au Lac. — Hotel of the First Rank, next the Sport Pavillion. Private suites with bath. Central heating. Lifts. E. Borel.

Montreux Palace Hotel. — 450 beds. Modern comfort.

Grand Hotel Suisse. — Best position in the Place. Excellent cuisine. J. Schöri.

Hotel Pension Vernet Les Tourelles. — First Class Family Hotel. Central heating. J. C. Nowack.

Bayerische Bierstube (Beer Hall). — Avenue du Kursaal. — Restaurant open at all hours. Good kitchen, Munich, Kulmbach. Pilsen and Beauregard Beers. American drinks. Proprietor F. Alliger.

Glion.

700 mt (2295 ft) above sea level.

The genial little visitor's town of Glion, which has direct communication with Montreux, by electric rail, besides a funicular with Territet, has become a Winter sport place, with

Glion.

strong sporting developments. While the difference in height between Montreux and Glion is not quite 300 mt (1000 ft), in the latter place it is already possible to establish toboggan runs, and ice rinks as well as also to use ski in the great snow fields. Even a bobsleigh run is installed every year, by the enterprising inhabitants of the place.

But the great advantage of Glion, is the healthy sunshine, and the excellent mild climate, that is peculiar to the cure centres on the shores of the Lake of Geneva. The place is especially to be recommended to those in search of recreation, convalescents, and those sporting people, who, seeking their pleasure outside the most fashionable Winter stations, yet do not wish to miss the entertainments they offer. Montreux close at hand, and the well known Winter sport place Caux, are both to be reached in about twenty minutes by rail.

Accommodation.

Grand Hotel Righi-Vaudois. — First House on the place. Modern comfort. Suites with bath. Open all the year. Proprietor E. Richelmann.

New Park Hotel. — Family Hotel of the First Rank. 80 Rooms and salons with every modern comfort. Glorious Panorama. Quiet sheltered situation. Open all the year. Summer and Winter sport. Proprietor E. Gaisser-Flohr.

Hotel Placida and du Midi. — II. class with all comfort, electr. light, baths, central-heating, Telephone, covered veranda. Restaurant. Pension fr. 5.50 to 7.—.

Hotel Victoria. — Family Hotel of the First Rank. In Highest Position with magnificent view of Lake and Alps. Suites with Baths. Vestibule. Winter sports. Proprietor D. Candrian.

Caux.

1121 mt (3675 ft) above sea level.

High above Montreux, the international Health Resort on the Lake of Geneva, rise the imposing Hotel Palaces of Caux, the enterprising Winter Sport station of West Switzerland. Caux has a connection with Glion by a cogwheel railway from whence there is an electric mountain railway to Montreux and also a funicular to Territet. From its great height above the sea it allows of a grand view. Far below, the waves of the Lake of Geneva play their game of ever changing colours. On the shores, the white villas with the smart hotels of Mon-

treux, Territet and Vevey, reflect themselves, and send greetings accross to the wildly toothed towers and domes of the Savoy Alps, on the Southern borders of the Leman. At the entrance of Valais, the peerless Dent du Midi, enthroned kinglike, with his diadem of snow and ice, dominates this earthly paradise. Backwards we see over the white snowfields into the high valley of Les Avants, and on to the elevations of the Jura that with their soft lines merge into the horizon.

Caux is the superior residence of a refined cure and sport world. Its excellent climate, the unusually long sunshine, the most elegantly comfortable equipment of the hotels, draw ever more and more the aristocratic classes to these heights.

The arrangements for Sport are very well managed, and also convenient for use, whilst the cogwheel railway runs up to the start of the toboggan runs, and so allows of several descents in one half day. On both the ice rinks, are, not only the ordinary and figure skating, cared for, but Curling and Bandy are zealously played. Clubs have reserved areas devoted to training and matches.

The Ski-runner finds an admirable territory on the slopes of the Rochers de Naye, and Jaman, the help of the Rail makes the most extended tours possible.

First class hotels provide for high class entertainments in

the evening and the maintenance of Winter sport festivals, on the ice or Runs.

Sport.

Toboggan run: Above Caux to the Hotels (beginning and end connected by a mountain railway), 2,2 km. Caux-Glion 3 km.

Bobsleigh run: Partly running parallel with the above mentioned toboggan run (beginning and end connected by a mountain railway), 2,8 km.

Ski-sport: Practising and touring districts in a wide circuit as far as Les Avants, to the Dent de Jaman and to the Rochers de Naye. Jumping hills. Teacher for instructions.

Ice sport: Two Skating Rinks. Bandy and Curling.

Clubs: Caux Sporting Club. Caux Lawn Tennis Club.

Accommodation.

Grand Hotel and Palace Hotel. — 550 beds. Beautiful situation with unrivalled view. Modern comfort.

Corbeyrier.

929 mt (3045 ft) above sea level.

From Aigle, a station of the Federal railway, on the Simplon route, the post runs up, in about two and a quarter hours, twice daily, to the high lying little village of Corbeyrier. From there one enjoys, as in most Winter stations of Vaud, a magnificent view into the Rhone valley and up on the high mountain panorama that reaches from the Dent de Morcles as far as Grammont, having as its finest point the Dent du Midi.

The little place has endeavoured, lately to make itself a name as a Winter Health Resort also. It is sheltered against the North wind, by the Tour d'Ai, and enjoys, also all the other climatic advantages that make it so suitable for Winter quarters; Toboggan and Ski races give encouragement to Sporting life.

Sport.

Toboggan run: One Toboggan run $2^1/_2$ km, one Bob run 2,8 km.

Ski-sport: Practising district near the place. Several tours and high tours.

Ice sport: A rink of 900 m^2 (nearly $^1/_4$ acre).

Clubs: Corbeyrier Bobsleigh Club.

Leysin, with the Sanatorium above.

Leysin.

1440 mt (4721 ft) above sea level.

Leysin is a Winter cure centre of the first rank, which lies on the South slopes of the Tour d'Ai, above the Rhone valley. From Aigle, an electric cogwheel train runs in one hour to Leysin, from whose convenient carriages one enjoys ever changing and beautiful views. This charming Winter station, comprises two parts the village Leysin and the colony of imposing sanatoria and villas, lying 200 mt (650 ft) higher, all nestling in a favourable position on the woody slopes, perfectly sheltered from the wind.

Leysin provides, beyond all other suitable qualities, a propitious high climate for a Winter resort, there being complete purity of the air, dryness of the atmosphere, very strong sunshine lasting for a long time, low temperature and thin air.

It is especially advantageous for persons inclined to consumption, for quickly growing or overworked young people,

whose general weakness makes the existence of a bacillus to be feared. It is also to be recommended to sick people with tuberculous lung troubles, with local infiltration; without too greatly advanced softening, without constant fever; and without severe complications.

In chronic bronchitis and asthma troubles, weakening through illness, convalescence and so forth this highly situated place is sought with good results.

Besides the first class Sanatoria of the Climatic Association of Leysin, there are also in the village, a place of cure for the people, a childrens' sanatorium and several villas and houses for the reception of those in need of restoration to health.

The outlook is a magnificent one, comprising the majestic peaks of the Valais Alps, with Mont Blanc and the Dent du Midi.

Winter sport has, in Leysin, a zealous following and superintendence, a faultless toboggan and bobsleigh run of 2 km ($1^3/_4$ m) long, and two ice rinks, are each year specially constructed. For the ski-runner there awaits a fine practising ground and a good touring territory.

Recreation of all kinds is cared for by the management of the Sanatoria; weekly concerts, Ice festivals, Toboggan races, change about in brilliant succession. There is also a range for Target and Pigeon shooting.

Sport.

Toboggan and Bobsleigh run: 2 km long run near the place.
Ski-sport: Practising district and opportunity for many tours in the neighbourhood.
Ice sport: Two rinks. Bandy.
Club: Leysin Sporting Club.

Accommodation.

Sanatorium Grand Hotel. — 180 beds.
Sanatorium Mont Blanc. — 150 beds.
Sanatorium du Chamossaire. — 150 beds.
Sanatorium Anglais. — 90 beds.

Le Sépey.

1000 mt (3278 ft) above sea level.

Le Sépey-Ormont dessus, reached by the post from Aigle or from Leysin, lies in the idyllic high valley of Ormont, at the

foot of the Tour d'Ai. The hotels here have thoroughly equipped themselves for Winter requirements; and chiefly receive such sportsmen as wish to undertake the repaying tours of Col des Mosses, or Col du Pillon. Excursions are also frequently enjoyed, to the Winter stations Leysin and Diablerets.

Sport.

Toboggan run: A run ending in the place.

Ski-sport: Practising district and opportunity for shorter and longer tours. Information through the Ski-club.

Ice Rink: near the hotels, 3000 m².

Diablerets.

1189 mt (3898 ft) above sea level.

In the valley of Ormont, reached by carriage from the station Aigle of the Federal Railway, or from the station Gstaad, of the Montreux-Oberland railroad, lie, in a quiet high valley closed in by the mountains round the Grand Hotel des Diablerets, a few houses belonging to the commune Ormont dessus. They form the hamlet Diablerets; which has become a much appreciated sports place. Diablerets is specially favourable for Ski-runners, likewise its arrangements are such, that all kinds of Winter sport can be well carried out there.

Accommodation is provided and all sporting implements lendt.

Besides the usual toboggan races, matches on the ice take place every year, Bandy and Curling, as also night festivals and competitions for prizes. An orchestra is maintained, and is used for the entertainments in the hotel where dances, theatricals etc. are arranged.

Sport.

Toboggan and Bobsleigh run: From Col du Pillon to Diablerets, 5 km.

Skeleton run: Specially constructed run about 2 km.

Ski-sport: The ski-territory is excellent. The following tours are specially mentioned:

1. Lac de Rettaud via Col de Pillon,
2. La Palette (2174 mt),
3. Rachy,
4. La Jorasse via Col de la Croix,
5. Meilleret (1952 mt),

and several shorter tours in the immediate neighbourhood.

Ice sport: Ice Rink 5000 mt² (1¼ acres). Bandy and Curling.
Club: Diablerets sporting Club.

Accommodation.

Hotel Pension du Chamois. — 38 beds. Prop. H. L. Pellet.

Bex-les-Bains.

435 mt (1426 ft) above sea level.

Famed as a climatic Health Resort, with Sulphur and Salt Springs, Bex-les-Bains is situated in the Lower Rhone Valley. (½ hr by train from Montreux), and from its mighty stores of Salt, there flows one natural Spring. This water was first used for medical baths but now also for drink cures in cases of Scrophulus, Ricketts, Convalesence, Aneamia, Rheumatism etc. The charming industrial, business and professional town (5000 inhabitants) lies in front of a wide valley bay at the opening of the valley of Avançon rich in natural beauties. Chestnut, nut and fruit trees, vineyards, fir, oak and beech woods surround the extensive Resort.

The climate is mild and equable, the air dry and pure. A wreath of high mountains and forest covered hills shelter it from the N. winds. The climate is also mild in winter, fogs are unknown and the glorious sun almost always shines. In spite of this however Winter Sport can be obtained in the near neighbourhood.

The roads Bex-Frenières - Les Plans are often used by the Alpine Clubs of Montreux and Lausanne for Ski-running in competitive races. The Improvement Society maintains a magnificent skating rink. Besides this the ideal and extensive Sport-district of Gryon and Villars (see p.p. 72—74) may be reached in an hour.

Accommodation.

Le Grand Hotel de Bex. — In a glorious position at the entrance of the little town in the midst of magnificent pleasure grounds and gardens. Modern comfort. Prop. P. Köhler.

Gryon.

1122 mt (3678 ft) above sea level.

Gryon, on the line Bex-Gryon-Villars-Chésières, has preserved the typical characteristics of a high mountain village,

Start of ladies..

although a number of hotels and pensions have been built, for Summer and Winter use. The climate in Gryon, so well protected from wind, is extremely good and justifies the fame of the village, as a superior air cure resort. The situation of the hotels, the view from them, and the heights near by, make the position to be esteemed as one of the finest and most magnificent in Vaud.

Gryon is an important Wintersport place where all sports may be carried out, with the sole exception of skeleton riding. Many of the ski tours to be undertaken from here are excellent, and the ice rinks, of the resort, are most animated; on these bandy and curling are played. The toboggan run also finds whole hearted appreciation from its enthusiasts.

During the season, ski-courses are arranged according to demand under good teachers.

There are also Ski Courses for Officers and N. C. Officers, Toboggan and Ski-Races as well as Ice Festivals. In addition to the ordinary Toboggan Races there are Annual Competitions on the Ice (Bandy and Curling) besides Night Festivals and Prize Competitions for Bobsleighs, Skis and Skates. A permanent orchestra caters for entertainment in the Hotel where also Dances, Theatricals and so forth are carried out.

Sport.

Toboggan and Bobsleigh run: Toboggan run near the place, 2 km, and to Bex, 8 km.

Ski-sport: Practising district in the neighbourhood. Numerous tours. (Information from the Ski-Club.)

Ice sport: Ice rinks in the place also for Bandy and Curling.

Club: Gryon Ski-Club.

Accommodation.

Grand Hotel. — 100 beds. Prop. G. Amiguet.

Villars-Chésières.

1220—1280 mt (4000—4196 ft) above sea level.

These two villages of Vaud, lying but 1 km (¾ m) distant from one another, enjoy as regards the Sporting installations indicated, and the excellent districts for Ski-tours, good fame as Winter Sport places.

Access to these places is obtained by the electric line Bex-Gryon - Villars - Chésières. The two places lie on a plateau,

Skating rink at Villars-Chésières. Phot. Butner.

On the Ice-Run.

sheltered from the North wind, at the foot of the Chamossaire. One enjoys, up here, a magnificent view, extending from the Diablerets (3251 mt, 10659 ft) to the Lake of Geneva with the peaks of the Grand Muveran, (3071 mt, 10069 ft), the Dent de Morcles, 2979 mt (9767 ft), besides the Trient glaciers.

In the Hotels and Pensions may be found comfortable accommodation.

Sport.

Toboggan runs: Ice run, 1 km. Snow-Run, 1 km. The road Chésières-Huémoz.

Bobsleigh run: The road Villars-Chésières-Ollon, about 9 km.

Skeleton run: Ice run, 1 km.

Ski-sport: Practising districts with jumping hills. Numerous tours among others Col de la Croix, Taveyannaz, Chamossaire, Auzeindaz via Col de la Forclaz to Leysin etc.

Ice sport: Large rink of 14000 m². — Smaller ice run by the hotels. — Bandy, Curling.

Clubs: Villars Sport Club. — Club des Lugeurs.

Accommodation.

Grand Hotel Muveran. — Grand Hotel Villars. — Hotel du Parc. — Hotel Bellevue. — Hotel du Chamossaire.

Champéry.

Champéry.

1052 mt (3450 ft) above sea level.

In Champéry, Canton Valais possesses an important Winter sport centre, whose visitors are even increasing in number, year by year. The little place, is connected, by an electric railway, with the station Monthey of the Federal Railway; from Aigle a private electric line runs, vie Ollon, to Monthey.

The immediate neighbourhood of Champéry, as also the Val d'Illiez, on whose upper terraces the place is situated, is well suited for ski-tours and especially recommends itself to experts for longer excursions. Although the Dent du Midi is no object for the ski-runner, yet some of its indentations, and high valleys, form much appreciated excursions. Champéry provides, in its arrangements, for all kinds of sport. Four ice rinks, a bob and a skeleton run, curling rinks etc. are open for use, during the Winter.

The provisions for accomodation, are furnished, by several Hotels of the first ranks; and others for less exacting demands, in the best possible manner. A committee arranges for entertainments of Sports, and for the evenings in the hotels.

Sport.

Toboggan and Bobsleigh runs: Several in the neighbourhood.

Ski-sport: Excellent practising territories and touring districts for experts among others, Barmaz, Les Pas, Les Portes du soleil, Le Col de Coux etc.

Ice sport: Four rinks for Skating, Curling and Bandy.

Clubs and Societies: Winter Sport Club. Society of development.

Accommodation.

Hotel de Champery. — Comfortable, well managed Family Hotel. Central heating, Electric light. Open all the year. Prospectus on request. Prop. Paul Défago-Exhenry.

Hotel Croix Federal. — Open all the year. Noted for its cuisine. Table d'hôte and à la carte. Reading Rooms, Smoking Room, Billiards, Baths, Douches. Central heating. Electric light. Prop. Victor Défago.

Grand Hotel Dent du Midi. — First Class Establishment. Open all the year. 330 beds. Modern comfort. Pension in Winter from 9 fr. upwards and in Summer from 7 fr. Dir. Th. Exhenry.

Park Hotel. — Family Hotel of the First Rank. Comfortable and luxuriously furnished. Excellent kitchen. Closed Verandas on each floor. Prop. P. Vultier.

Near Champéry.

Morgins-les Bains.

1411 mt (4626 ft) above sea level.

An Electric line to Monthey, at the opening of the Val d'Illiez (Station of the Simplon route of the S. B. B.) leads from the lower Rhone valley near the S. B. B. station Aigle to Bad Morgins pleasantly situated in the high forest covered valley of Morgins, and well known as an Alpine Bath and Summer Health Resort. From there climbs an interesting Railway on the left slope of the mountain with lovely views of the Rhone Valley, and the snow covered Diablerets, Muveran etc. and so on to Trois torrents and the opening out of the Morgins Valley. Morgins can be reached by carriage or sleigh on a good road ten kilometres long. Above it opens out the view of the Vaud and Valais Alps, and the gigantic Mont Blanc. The sheltered situation induces a temperate climate, which like the pure dry air brings benefit to the Winter resident in the way of health. Special attention is devoted to Winter Sport. Extensive Ski-fields for beginners and diversified Tours for experts. Fast Toboggan runs and animated social life, Balls, Parties, Concerts etc. provide for bodily and intellectual amusement.

Sport.

Toboggan Run: A splendid run.

Ski-sport: Magnificent Ski-district in the neigbourhood. Many profitable easy and difficult tours.

Ice sport: Ice rink 20,000 mt² (5 acres).

Accommodation.

Grand Hotel des Bains. — Grand Hotel Victoria.
Pension Restaurant La Source. — Tea Room. Confectionery.

After a snow-storm. Phot. Rupp, Meiringen.

Montana-Vermala.

1500—1680 mt (4918—5508 ft) above sea level.

From Siders, a station of the Federal Railway (S. B. B.) an electric funicular runs to the high plateau of Montana-Vermala.

The high plain of Montana, lies on the South slope of the Wildstrubel, and, from it, one enjoys a view of characteristic beauty and extent.

The excellent climate dryness of the air and abundance of sunshine mark one Montana as a genial Winter Health Resort for lung trouble.

Montana is just as good a Winter sports place, as it is a cure resort. The possibilities for short and long ski-tours. are almost unbounded, while, for toboggans and bobsleigh, swift artifical runs are laid down. At the disposal of skaters, are, not only artificial ice rinks, but also several small lakes.

Some comfortable hotels, specially arranged for Winter use, cater for the needs of visitors, while the very well known establishment of Stephani, remains open, for the reception of those requiring air cures.

Sport.

Toboggan runs: Two runs of 0,3 and 1 km in length.

Bobsleigh run: One run, 3 km in length.

Ski-sport: Practising districts in the neighbourhood, especially on the slopes below the Bovin pass. Tours to the Wildstrubel and Rohrbach huts, to Mont Bovin to Tonio de Merdesson and others.

Ice sport: Four rinks for Bandy and Curling.

Clubs: Montana-Vermala Ski-Club. Montana Hokey Club. Information Office.

Accommodation.

Sanatorium Stephani. — 50 beds. Pension 12—20 Fr.
Palace Hotel Montana.

Leukerbad.

1414 mt (4635 ft) above sea level.

The time renowned cure resort of Leukerbad (Loèche-Les Bains), which enjoys the reputation, in Summer, of being one of the most beautiful and popular Health stations, has now developed the advantages of a Winter Sport Resort. Leukerbad is in a position to be assured of holding its place, in Winter, among the modern Sport Centres, because of its extremely favourable situation and the formation of the ground.

Leukerbad is reached by post (twice daily), or by sleigh, from the station Leuk, through a district extraordinarily rich in natural beauties; in the upper terraces of which the houses lie embedded. The position of the village, protected, especially as to the North, from rough winds, by a circle of high mountains, offers very favourable climatic conditions, in Winter.

A magnificent ski-district, with the most varied demands on the knowledge and skill of the runner and manifold opportunities for the excercise of tobogganing are already here, while an ice rink will be erected. Leukerbad is extremely rich in snow, quite free from Winter fog, and in the centre of a healthy dry climate.

Various hotels for the accommodation of visitors, the Kursaal is open in Winter, for entertainments, and an orchestra is maintained. A special convenience at the service of guests at Leukerbad, is that the baths may be used, entirely free of charge.

Snow covered Alphut Phot. Wehrli.

An electric railway has been projected, from Leuk to Leukerbad, which should be working next year.

The Gemmipass, which runs from Leuk over into the Bernese Oberland, is open in Winter.

Sport.

Toboggan runs: 4 runs in the Village.

Bobsleigh run: Run two kilometers long on the highroad.

Ski-sport: Ski-district in the neighbourhood, rich in changes, Tours to Torrenthorn, Dalagletscher, Gemmipass, Wildstrubel. Aletsch etc.

Ice sport: One rink 5000 m^2 for Bandy and Curling.

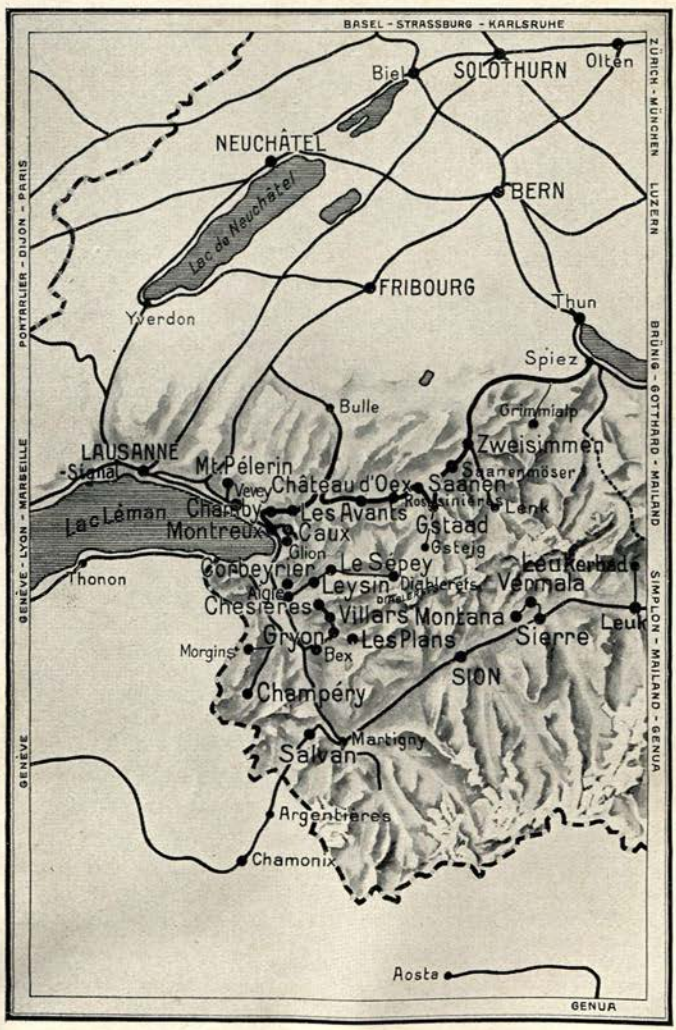
Clubs: Leukerbad Ski-Club.

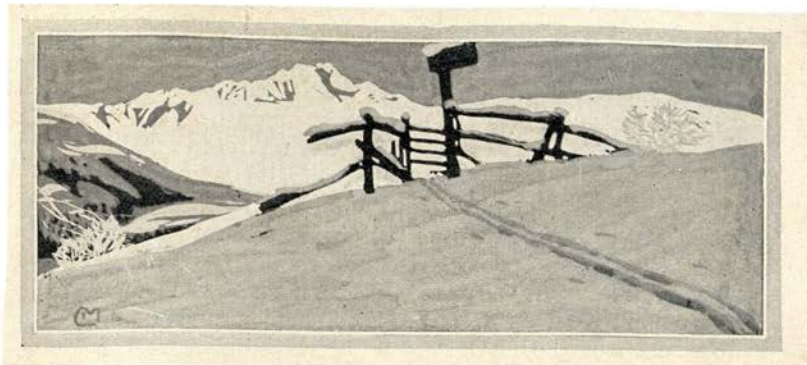
Accommodation.

Hotels and Baths Co. Ltd. — Excellent accomodations. Swimming baths free. Clubs and Societes enjoy special privileges.

* * *

In the district of
The Montreux-Bernese-Oberland-Railway.





III.

In the district of The Montreux-Bernese-Oberland-Railway.

The electric railway, Montreux-Berner-Oberland, encloses a Wintersport district of such diversity and extent, that it seems worth while to devote to it a separate division of this book. Whether, in charm of landscape, the precedence is due to the heights of Les Avants, the Valleys of Greyerzerland, the Pays d'Enhaut, Saanenland, or the Simmen Valley, all belonging to this railway district, or which takes rank as the best Sporting neighbourhood it is hard to say.

The first, the high valley of Les Avants, is well known through the Air Cure Resort of the same name, which since the opening of the M. O. B., has become a fashionable Winter station. Below Les Avants, on a projecting plateau, lies Chamby, with its fashionable Hotel des Narcisses, having a magnificient view of the lake of Geneva, which Hotel offers to the Winter sport people comfortable accommodation. We have alluded to Les Avants as a fashionable Wintersport centre, this is the case with the whole of the high valley, since the proximity of the widely known Health Resort of Montreux attracts a distinguished crowd of tourists, who also frequent the rinks and toboggan runs of Chamby and Les Avants.

In Pays d'Enhaut, called also the Waadt Oberland, there are well known also the Winter sport centres of Rossinière and Château d'Oex; the former is a small station for modest requirements, the latter a place which has grown to be one of the noted resorts of modern Winter fashion. The Pays d'Enhaut already assumes, with its many forest free, slopes the character of an excellent ski-ing district. The adjoining Bernese Saanenland likewise answers the standing requirements for an ideal Ski country.

The Wintersport centres, Saanen, Gstaad and Saanenmöser as well as Zweisimmen and Lenk, lying within reach of the M. O. B., excite more and more the attention of the Sporting world. Saanenland has at last found recognition from the authorities of the Bern Ski-club, who have erected a ski hut on Saanenmöser, in this extremely snowy district. But in Saanenland they do not rest satisfied with this attainment, but by constant improvements of the sporting arrangements attract ever widening circles to their region, so rich in Wintry charms.

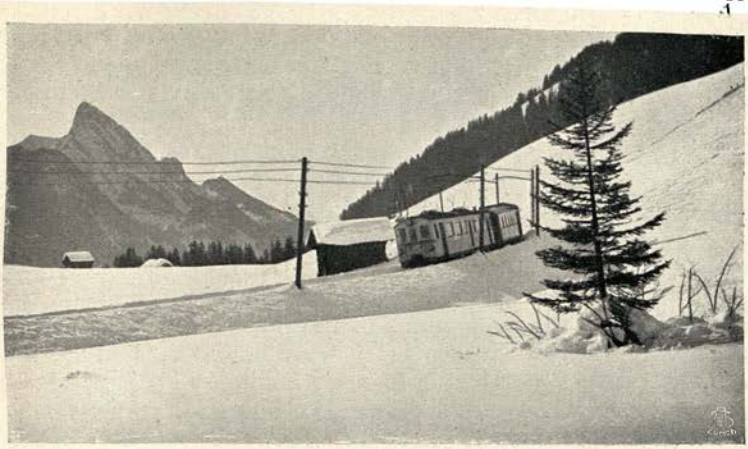
The most northerly Wintersport centre of the Montreux-Oberland district is Zweisimmen, in the Simmen valley, which likewise has the benefit of a magnificent territory for ski-runners. The ski-courses there, both of military and private character, and, above all, the great number of visitors, bear witness to the decided suitability of Zweisimmen as a Wintersport place.

United with Zweisimmen by an electric branch line, Bad Lenk has worthily taken its rank as the youngest of the Winter Sport places of the Bernese Oberland. The same is true of Grimmialp.

A Toboggan Train near Chamby.

The Sport Centres of Saanenland and the Saanen Valley are mentioned in the division on the Bernese Oberland (p. 96).

The Hotels in this district have understood how to keep pace with the increased demands of the modern Winter traffic.



Montreux-Bernese Oberland railway.

Together with the new hotels of the most fashionable style, others are furnished and often rebuilt in such a way that the accommodation in them is not only comfortable, but also absolutely homelike.

Access and Railway communications.

The principal lines to the district of the Montreux-Bernese-Oberland railroad are formed:

From the North, by the lines Bern—Thun—Spiez-Zweisimmen and Interlaken-Spiez-Zweisimmen,

From the South, by the lines Lausanne-Montreux and Simplon-St-Maurice-Montreux,

From Vevey a line runs direct to Chamby, which there joins the M. O. B. and at Montbovon the Greyerzer railway unites also with it.

All the Winter Sport places mentioned above, are stations of the electric line Montreux-Berner-Oberland: Montreux-Zweisimmen with branch Zweisimmen-Lenk whose last stretch was opened in 1905. It is, without doubt, one of the most interesting railways, not only with regard to its technical construction, but principally from the superabundant landscape beauties which it passes through, during its whole

journey, which are especially grand in Winter. Overpowering, is the view seen from the comfortable carriages, of the Lake of Geneva, and the circlet beyond of the white "Dreitausendern" (three thousand). The ride through the Hongrin valley, down which flows a roaring torrent, is highly romantic. Charming and sweet too, are the villages and the slopes of the Saanenland. At the highest point of the line, 1300 mt (4160 ft) at Saanenmöser, there opens one of the finest views of the Bernese Alps, and into the snowy basin of the Saane; beautiful also is the journey winding before the mountain village Zweisimmen, the northern terminus of the line. So picture follows picture, one surprise takes the place of the other; and if the railway is often travelled in Summer for its own sake, and not merely to reach any particular spot, such a pleasure journey is indeed, far more justified in Winter by all the white magnificence, of frozen ravines and snow covered forests.

The M. O. B. gives many facilities for Wintersport; particularly the toboggan trains, which run for example — from Chamby to Les Avants, extra trains for Ski-runners, between Zweisimmen and Saanenmöser, as well as, cheap tickets for the transport of Wintersport implements, and the so called toboggan tickets at reduced rates between Montreux and Les Avants. Subscription tickets (abonnements) between two stated stations are issued with 25% discount, and lastly kilometer books with 30—45% discount.

Chamby.

800 mt (2622 ft) above sea level.

Chamby lies above Montreux, on Mont Cubly, being a station of the Montreux-Oberland line. From the place, one enjoys a sublime view of the Lake of Geneva, the encircling wreath of Alpine mountains, the Dent du Midi and the Savoy Alps.

Thanks to its extremely pleasant climate, and its excellent situation, it is very much appreciated, by the fashionable sporting world; forming at the same time, a comfortable residence. While the M. O. B. carries one up conveniently into the glorious sport district, the return on toboggan, or ski, to the threshold of the hospitable hotels, has for Winter sports people, an especial charm.

The slope at Sonloup (Funicular Railway) is especially suitable for Ski-ers. A Skeleton Run, as well as a Bobsleigh Run cater for amusement in addition to the different Competitions and Social Entertainments.

Sport.

Toboggan runs: The road from Les Avants to Chamby, with transport for persons and implements by the Montreux-Oberland railway, about 7 km.

Bobsleigh run: The road Les Avants-Chamby, 6 km.

Ski-sport: Ski-territory above Chamby.

Ice sport: Rink in Chamby. — Bandy and curling in Les Avants.

Clubs: Montreux-Les Avants Bobsleigh Club. — Montreux-Les Avants Toboggan Club.

Accommodation.

Grand Hotel des Narcisses. — Family Hotel of the First Rank. Directly on the M.-O.-B. arranged for Winter Sport. Telephone 678 (Montreux). Ernst Heusser, Director.

Les Avants.

985 mt (3229 ft) above sea level.

Les Avants, long valued as a Spring residence, and for Summer recreation, now counts in Winter among the most superior sport places of Switzerland. Absolutely sheltered from N., and E. winds, it lies on a plateau on Mont Cubly, directly above Montreux and the lake of Geneva.

Its vicinity to Montreux with its town resources which may be reached by the M. O. B. in ½ hour, makes the stay in Les Avants, enjoyable. The funicular Les Avants-Col de Sonloup, runs directly, to the starting point of a first class toboggan run.

Accomodation is provided by two Hotels, with every comfort.

Besides the weekly competitions on the toboggan and skeleton runs — ski-races, skating, and bandy matches take place.

Sport.

Toboggan runs: Col de Sonloup-Chamby, about 7 km. — Les Avants-Montreux, 10 km. — Mill-Hill (in the village), about 100 mt; free. The transport of tobogganers and their impedimenta, to the starting point on the first two runs, can be made by the M. O. B., and the new funicular Les Avants-Col de Sonloup.

Above Chamby and Les Avants.

Bobsleigh runs: Col de Sonloup-Les Avants, about 4 km. — The Roads between Les Avants and Chamby. — The first run is one with great sporting interest.

Skeleton run: Col de Sonloup-Les Avants.

Ski-sport: The territory is excellent, and especially desirable for beginners, a teacher at the Grand Hotel is always available.

Tours: Les Avants-Folly (1734 mt). — Crêt du Mollard (1775 mt), 3 hours; Les Avants-Rochers de Naye (2044 mt), 5 hours; Les Avants-Dent de Lys (2017 mt), 6 hours; Les Avants-Moléson (2000 mt), 8 hours. Besides the M. O. railway encloses in its district a superior ski-territory, that is reached from Les Avants in half a day on day excursions.

Ice sport: Skating rink, 6000 mt² (1 1/2 acres). Bandy rinks. — Two especial rinks for curling.

Clubs and Societies: Les Avants Bobsleigh-Club. — Montreux-Les Avants Toboggan-Club. — Vevey-Montreux Ski-Club. — Les Avants Skating-Club (Bandy).

Rossinière.

930 mt (3096 ft) above sea level.

The commodious village of Rossinière, in the broad valley of the Pays d'Enhaut, protected from wind by a wreath of

Winter Glory. Phot. Rupp, Meiringen.

mountains, is ever more and more valued, and visited because of its pleasant healthy climate, and, in Winter also, because of its good ski territory.

The Winter is mostly free from fog, and full of enlivening sunshine. Large practising fields for ski-runners, are grouped round the village and the slopes on the South side of the valley, comprising a large number of points for excursions on ski: e. g. Monteiller, Bettran, Monts Chevreuils 1753 mt (5609 ft), Mosses, Commun des Mosses 1435 mt (4592 ft) and others. Rossinière also maintains a toboggan run.

Château d'Oex.

998 mt (3272 ft) above sea level.

In the centre of the Pays d'Enhaut, surrounded by mountains lies the genial Château d'Oex in a charming situation between Alpine meadows and pine forests, resting on the North side of the valley. The Montreux-Oberland railway has now brought an animated Winter life into this centre, so eagerly sought after in Summer. The energetic Verkehrsverein (Development Society) and the Hotel managers, have spared no trouble to make it a comfortable Wintersport place, and a residence for convalescents and those who suffer from diseases of the digestive tract.

Château d'Oex enjoys a pronounced high climate, with great dryness of the air, and sunny Winter days, free from fog.

As in the whole of the Saanen district, ski-running takes the first place among the sports. The slopes, free from danger, which flank the valley, the free descents from the Mont Chevreuils, from Mosses etc. offer the ski-runners an extensive, unimpeded territory. It is intended to place a ski-hut at Mossetaz 1600 mt (5120 ft) which will bring new facilities, and would make many extra tours comfortably accessible. Ice sport receives in Château d'Oex great attention, three ice-rinks being installed in the place, on which not only fine figure skating, but also bandy and curling are practised.

For tobogganers there is constructed close by, a run of 1,1 km (3/4 m) long. The social life of Château d'Oex is extremely entertaining; games on the ice, Ski Courses with Jumping Competitions, general excursions, evenings for danc-

Château d'Oex. Phot. R. Milliet.

ing and so on, are the usual arrangements to which are added ski races and jumping competitions.

Sport.

Toboggan runs: Run for Swiss toboggans, 1,14 km.

Bobsleigh run: Below the Village as far as Les Moulins, 1,5 km.

Ski-sport: For beginners: Les Riaux, Les Granges d'Oex. For experts: La Braye, Monts Chevreuils, Plateau des Mosses, Saanenmöser (Ski hut), Les Ormonts, Hornberg.

Ice sport: Ice rink, Hotel Berthod, also for bandy and curling. Ice rink of the Ski-Club. — Ice rink, Hotel Beau-Séjour, also for bandy and curling. — Ice rink, Hotel Rosat.

Club and Societies: Ski-Club Château d'Oex. — Development Society and Information Office.

Accommodation.

Hotel Berthod. — Old established House in central position. Central heating. Ice rinks 21,000 m². All Winter Sports.

Grand Hotel. — Hotel of the I. Rank. Suites with Bath room and Toilet. Restaurant. English and French Billiards. Terrace.

Grand Hotel Beau Séjour and Kurhaus. — Hotel of the 1st. Rank opposite the Station. Modern comfort. Skating Rink.

Pension Morier. — Reputed well appointed Pension. Excellent cuisine.

Hotel Pension Rosat. — Old established House newly rebuilt. Convenient and comfortably furnished. Excellent cuisine and cellar. Billiards, Baths etc. Ice Rink. Lung patients not taken.

Kuranstalt La Soldanelle. — Dietetic Establishment in sunny quiet and sheltered situation. Sun cure. Dr. Delachaux.

* * *

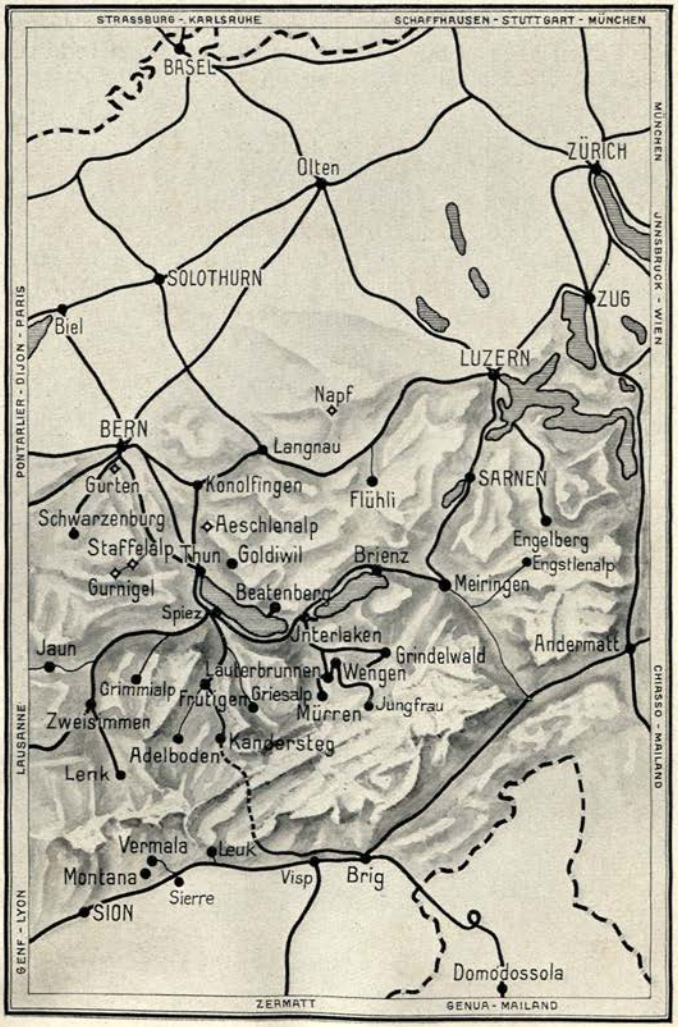
The Montreux-Bernese Oberland Railway works upwards on the right bank of the Saane, leaving after a short journey the Pays d'Enhaut near the ruined tower Vanel the landmark of the division of languages. It passes over the frontier between the Cantons Freiburg and Berne and reaches the neighbourhood of Saanen in the district of the Bernese Oberland.

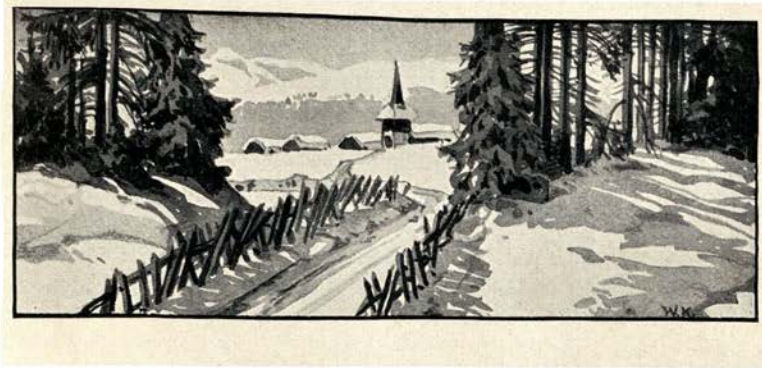
Through the ideal Winter Sport district of Saanen, Gstaad, Gsteig, Saanenmöser and Zweisimmen (see page 96—101) one arrives at the last place the terminus of the M. O. B. Railway, at Zweisimmen, situated at the opening out of the Valley of the Kleinen Simme into the Upper Simmen.

In this latter a branch line of the M. O. B. Railway runs upwards from Zweisimmen to the Winter Sport Centre Lenk (page 104) and from the same place the line Zweisimmen-Spiez descends to the Lake of Thun.

Uphill.

In the Bernese Oberland.





IV.

In the Bernese Oberland.

But few districts of Switzerland show a greater variety in the landscape and nature of the country, than the Bernese Oberland. Genial Valley river borders extend up to and between its lakes, and in respect of the climatic excellence of the Northern shores of the Thun Lake, it may well be called the "Riviera of the Oberland". The Hotels which are open for guests through out the year are now well known and with those of Oberhofen, Hilterfingen, Gunten and Merlingen are centres frequented not only in Summer but in late Autumn, Winter and early Spring. Moreover the Bernese Oberland with its places for snow and ice Sport is one of the highest places in Switzerland for the snowy Season.

To be qualified as an excellent place for Winter Sport requires not only height, sunshine, and plenty of snow, but more especially easy approach by direct means of transport. One can now at times ascend from Interlaken by direct railway communication up to the Jung-Frau Pass, while Grindelwald, Murren, Wengen, Wengernalp itself and the Kleine Scheidegg, have become accessible by the Mountain Railway in the depth of Winter.

The regular orderly and productive use of Winter in the Bernese Oberland as a Healing factor and for Sporting purposes dates little more than ten years back, although the first commencement of the introduction of Winter Sport in the

oldest Winter Centre of the Oberland i. e. in Grindelwald goes back to the year 1865. When once the attractive Sport was firmly established, more of the Oberland Winter Centres prospered surprisingly. The well established fame of places like Grindelwald and Murren, so especially known to the English nation, and which rang through the English Alpine literature led the way to the Bernese Oberland, opening one with the prospect of good results.

This reputation was greatly due to — the formation of the ground, the uncounted valleys of many shapes some lovely some romantic and the magnificent file of mountain chains gigantic in size and beautiful in shape. These make in Winter a yet more effective appearance than in Summer, where without them would be a great simple and monotonous plain.

The Bernese Oberland numbers today more than a dozen Winter Sport places, among which the oldest have the precedence which is due. But each of them also has some special excellence, be it the nearness to the lakes, or a specially extensive Ski-territory. Beside Saanen, Gstaad, Gsteig, Saanenmöser, Zweisimmen, Lenk and Grimmialp, which belong to the district of the Montreux-Bernese-Oberland which form in the following description (page 96) the introduction to the Oberland Sport Centres, there are Grindelwald 1057 mt (3465 ft) since 1888, Adelboden 1357 mt (4449 ft) since 1898, Lauterbrunnen 800 mt (2622 ft) since 1899, Kandersteg 1169 mt (3833 ft) since 1903, Goldiwil 1000 mt (3278 ft) since 1906, Beatenberg 1150 mt (3770) since 1908, Wengen 1275 mt (4180 ft) since 1909, Staffelalp 1000 mt (3278 ft) since 1909, Mürren 1650 mt (5409 ft) since 1910.

The Federal Capital Berne is the natural starting point for visitors to the Bernese Oberland and its neighbouring Winter Sport districts. This town interesting from its situation, prestige, architecture and old world character which likewise does homage to Winter Sport well repays the visitor (see p. 106).

So then Interlaken, the metropolis of the Bernese Oberland, has the qualifications for a pleasant Transition Station, see p. 122.

Communications and Railways.

The chief line of access runs from Berne via Münsingen or Belp, to Thun. From here one meets the steam boats of

Bernese-Oberland-railway. Phot. Nehrkorn.

the Thun Lake as well as the Bernese Alpine Railway (Berne—Lötschberg—Simplon). Essentially shorter and cheaper connection is furnished, by the latter with Valais, especially also with the elevated mountain districts of Saas and Zermatt. A further line of access is the Brünig railway which runs from Lucerne via Meiringen and Brienz into the Bernese Oberland, which can also be reached via Konolfingen by the electric line Burgdorf—Thun. It is connected with the South by the above mentioned Bernese Alpine Railway via Spiez—Zweisimmen—Montreux and by the Montreux—Bernese—Oberland Railway which unites the Winter resorts of the Saanenland and the Simmen Valley, concerning which see page 83.

A prominent part of the rapid development of Winter Sport is taken by the mountain Railways, which directly connect almost all the principal high valleys, and many specially lovely view points, with the great net of the Federal Railway by the approach lines of the Bernese Alpine Railway and the Brünig Railway. The Bernese Oberland lines take the principal place among the former, their tracks being: Interlaken—Schynige Platte (running in Winter); Interlaken—Lauterbrunnen; Interlaken—Grindelwald (these two changed

to electric power from 1914); Lauterbrunnen—Murren. The Wengern Alp Railway, which particularly in respect of the Winter traffic has opened out an altogether new development, runs in Winter from Lauterbrunnen to the Winter Health Resorts Wengen and Wengernalp, to facilitate the Ski and Bobsleigh Sports.

Sport-trains run from Grindelwald to Alpiglen and from Wengen to Wengernalp and Kleine Scheidegg. When the snow conditions warrant it this traffic is extended to a better junction with the Jungfrau Railway as far as the Kleine Scheidegg and whenever the weather conditions make it possible, the train runs thence up to the new Station Jungfraujoch.

Mürren and Beatenberg are also serviceable to reach a great Bob Run going in wide changeful loops from Allmendhubel to the Health Resort of Mürren, a Funicular Railway has been built to the celebrated view point of Allmendhubel. Beatenberg has a project for a funicular to Beatenkulm.

Further railways at the service of the Oberland in Winter are the lines Spiez-Frutigen, for Adelboden and Kandersteg and Spiez-Zweisimmen, for Zweisimmen and Lenk as also for the whole district Montreux-Oberland.

The richness in snow of the Bernese Oberland has only in extraordinarily few cases, up to the present time, interrupted the railway traffic, the substructure of the railway is kept in order with the greatest care, and at great cost, while the carriages of the railway are heated and very comfortably furnished.

All these railway companies allow the smaller toboggans (exclusive of bobs) and ski, free transport if they are handed in at the luggage van and applied for at the destination.

Saanenland and Simmen Valley.

The Bernese Oberland is noticed on p. 83 dealing with the route which passes here from the Lake of Geneva, going through the Gruyère (Greyer) district, Pays d'Enhaut and Jaman and over the Saanenmoos Pass. After crossing the border between Vaud and Berne, it reaches the capital of the extensive district of Saanen, renowned for its Ski-fields.

Saanen.

1014 mt (3324 ft) above sea level.

This village an excellent fixed quarter for ski-runners, lies in the midst of the valley of the same name, at the foot of the magnificient ski-district Saanenmöser. Formerly a typical Bernese village with neat wooden houses, under the influence of the railway traffic, it has greatly modernised the appearance of its principal street.

The ski-territory is of unequalled quality both as concerns beginners and experts, it being easily possible during a three weeks stay to undertake a different excursion every day. In the neighbourhood is the Horneggli ski hut 1500 mt (4800 ft), belonging to the Bern Ski-Club, beside different Alpine huts, fitted up for rest, and provided with wood for fires.

The roads of the valley are exceptionally favourable for skikjöring, as are also those from the neighbouring slopes for toboggan runs; those from Schönried, and from Saanenmöser, to Saanen, are prepared as bob-runs.

The climatic, recreative and sunny situation, combine to make Saanen a Winter Resort, in which a number of charming walks and toboggan runs invite the visitors to excursions, in Saanenland, Saanen valley and towards Gsteig.

The district Saanen is often chosen as a practising place for ski-courses and as territory for competitive running.

Sport.

Toboggan runs: Kalberhöni-Saanen, 1,5 km. — Oberbort-Saanen, 0,5 km.

Bobsleigh run: Schönried-Saanen, 4,5 km.

Ski-sport: Ideal ski-territory. A great number of tours; e. g. Saanenmöser 1283 mt, Hugeligrat, Hornfluh 1951 mt, Zwitzeregg 1618 mt, Gifferhorn 2543 mt, Bissen 1300 mt, Windspillen 1940 mt, Egglisberg 1601 mt, Trüttlisberg-Lenk 1918 mt, Wildhorn 3264 mt, Lauenen-Brüchlipass-Gsteig 1660 mt, Oldenhorn 3124 mt, Diablerets 3245 mt etc.

Ice sport: Ice rink of 2600 mt² (¾ acre).

Clubs and Societies: Ski-Club Saanen. — Development Society.

Gstaad.

1053 mt (3452 ft) above sea level.

At the junction point of the three valleys Gsteig, Lauenen, and Turbach, lies Gstaad which within a few years has in-

Gstaad, ice-rink.

creased from a small unknown mountain village, to a lively and popular Tourist Resort for Summer residence, and a Winter Sport Centre of the first rank. It is extremely easy of access either from Montreux or Spiez-Zweisimmen by means of the Montreux-Bernese-Oberland railway, and forms to a certain extent, the door to the high mountain valleys of Gsteig and Lauenen. The district is remarkably rich in snow, and from all sides gleam the snowy mountains shining with clear sunlight into the valley, while all the other climatic advantages are extremely favourable both for the friends of Winter sport and those seeking change for health. The place is fully sheltered from the N. wind, while the number of clear sunny days in Winter is extraordinarily large, the air being pure and dry while there is no fog.

The sporting activity in Gstaad is many sided and animated, the most beautiful Ski fields surround the place. The neighbouring ideal district of the Saanenmöser, which is quickly and conveniently reached by the Montreux-Bernese-Oberland Railway, attracts many ski-runners there, where every year ski races and competitions are held. The more distant neigh-

bourhood is rich in magnificent Ski-routes, which have been traversed by Champions. The Ski-Club of Berne gave Saanenmoser a testimonial to the pre-eminent suitability of the territory for the exercises of Ski Sport, by building a Ski hut at the height of 1500 mt (4800 ft). This, in the midst of the most glorious Winter magnificence, opens out a number of the finest excursions.

Gstaad maintains an ice rink of 11000 mt² (2³/₄ acres) which is used, not only for skating in all its branches, but also for curling, and all kinds of entertaining games are carried out. The ice rink is lighted in the evening by arc lamps.

Tobogganing is also well patronised in Gstaad, in every form. Not only the ordinary toboggans, but many bobs, animate the runs of the neighbourhood.

The Hotels vary from the most luxurious to the modest and genial Family Pension, being provided with every modern comfort in accordance with the requirements of every position and purse. They offer pleasant accommodation to the Winter Sportsman and to those seeking recovery after strenuous work.

Beside the yearly ski races and competitions, the ski club and skating society arrange ice festivals, and toboggan competitions.

Sport.

Toboggan runs: Alpina run, and Windspillen run, each 0,5 km. Turbach run, 4 km.

Bobsleigh run: Schönried Bob run, 8 km.

Ski-sport: Magnificent practising district.
Horneggli (Ski huts). Skikjöring to Gsteig 11 km, to Lauenen 7 km.

Tours: Windspillen 1940 mt, Hornberg 1951 mt, Barwengen; Zwitzeregg 1618 mt, Berzgum, Bissendürri, Horneggli (ski hut), Kalberhönieggli, Hugeligrat, Wildhorn 3264 mt, Diablerets 3245 mt, Gifferhorn 2543 mt, Bissen 1300 mt, Lauenen-Brüchlipass-Gsteig 1660 mt.

Accommodation huts on Berzgum, Barwengen, Bodmer- and Hornberg.

Ice sport: Ice rink in middle of village, about 11000 mt². Two ice rinks near the Hotels. Curling, Bandy.

Club: Ski Club Gstaad.

Bandy. Phot. Butner.

Accommodation.

Grand Hotel and Alpina. — I. Rank. Most beautiful situation of the district. Pension from 9 fr. Prospectus free. Prop. G. Burri.

Hotel Bernerhof. — Newly built in Châlet style. 120 beds. Modern Comforts. Suites. Lift etc. Forest quite near. Price in Summer from 6 fr., in Winter from 9 fr. Prop. Adolf von Siebenthal-Rieben.

Grand Hotel Bellevue and Kurhaus. — Prominent, 1912 newly opened, house of the I. Rank, in the immediate neighbourhood of the great Skating and Curling Rink. Latest comforts. Central heating. Prop. Brothers Boss.

Hotel Pension Ebnit. — Family Hotel with modern arrangements. Open all the year. Central heating.

Hotel Pension Victoria. — New house with modern arrangements. Open all the year. Adjoining the newly arranged Ice Rink. Central heating. Baths. Starting point for many remunerative tours. Prop. G. Huggler.

Royal Hotel and Winter Palace. — I. Rank. Arrangements unique of their kind, for Winter and Summer Sports. 250 beds, 20 suites, 90 private bath rooms. Each room with hot and cold water. For particulars see appendix.

Management: Steudler & Pünter.

* * *

Gsteig.

1192 mt (3908 ft) above sea level.

Gsteig is a lovely and attractive little village surrounded by high rocks, in a beautiful sheltered position, at the foot of the Sanetsch mountain chain, reached from Gstaad in two hours. The valley bed of Feutersoey is a magnificent stretch for skikjöring, and tailing parties, of which very many are undertaken from Gstaad and Saanen. Gsteig is also to be recommended as a starting point for long tours.

Saanenmöser-Schönried.

1283 mt (4206 ft) above sea level.

The ideal ski-territory of Saanenmöser attracts to it every year so great a number of ski-runners, that since a great Hotel was built the place is now able to rank as an independent Sport Centre. Besides being a station of the M. O. B. it is otherwise easily accessible.

The Horneggli Ski-hut 1500 mt (4800ft), which the Bern Ski-Club has installed in the midst of this magnificent ski-territory, is one of the most beautiful in Switzerland, as also, the tours undertaken are some of the most delightful which the country has to offer.

An ideal ski-territory, Hornberg.

85882

Sport.

Toboggan runs: Saanenmöser-Zweisimmen, 6 km. Saanenmöser-Saanen 6 km, both also for bobsleigh. Upward transport by the M. O. B. Small runs in the immediate neighbourhood.

Ski-sport: Touring and practising district par excellence. Horneggli ski-hut.

TOURS.

Among many others especially to be recommended:

1. Saanenmöser-Hornberg-Horntaube-Saanenmöser.
2. Saanenmöser-Hornberg-Horntaube-Kaltenbrunn-Öschseite-Saanenmöser.
3. Barwengen-Hornberg-Rinderberg-Zweisimmen.
4. Hundsrückgipfel (2049 mt).
5. Planigrat-Hugeligrat-Grosse Vorsass-Saanenmöser.

Ice sport: Ice rink near the Hotel.

Accommodation.

Sport Hotel and Kurhaus. — Large new establishment arranged with modern comfort. Suites with bath room and toilet. Large Salon. Restaurant.

Zweisimmen.

1000 mt (3278 ft) above sea level.

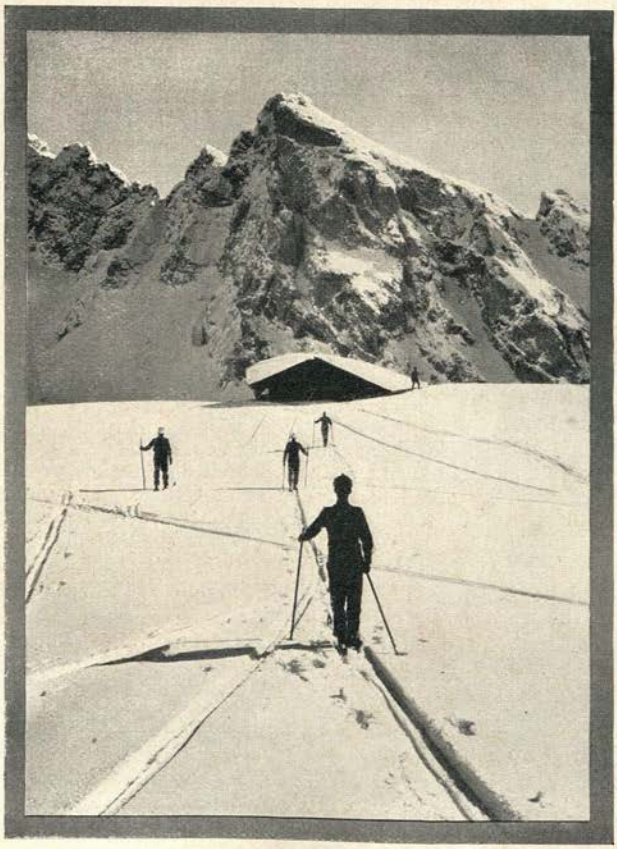
Zweisimmen, the Northerly terminus of the Montreux-Bernese-Oberland railway, the Southern terminus of the line Spiez-Zweisimmen, and the starting point of the Electric Railway Zweisimmen-Lenk lies in the Simmen valley, which comprises in its whole length a glorious landscape of a high Alpine character.

The village itself is sheltered from wind and boasts a constantly dry, cold, Winter climate, rich in sun.

The arrangements for accommodation satisfy both modest, and more exacting requirements. Besides the Hotels and pensions there are always a number of private apartments in Zweisimmen.

The Sporting activities of Zweisimmen are animated and varied, there are great levels for Skikjöring, and the ideal Ski-territorry of Saanenmöser (Station of the M. O. B.).

Every year the Ski Club of Zweisimmen, or that of Berne, arranges Ski Races. There are beside Toboggan competitions, Ice Festivals and Social entertainments by the Hotels and Societies.



At the bottom of the Spillgerte.

Zweisimmen.

Sport.

Toboggan runs: Kirchstalden run, 2 km. — Saanenmöser-Zweisimmen, 6 km. — Rinderberg run, 3 km.

Bobsleigh run: Saanenmöser-Zweisimmen, 6 km (the bobs transported from Zweisimmen to the start, by the Montreux-Bernese-Oberland railway.

Ski-sport: The ski-sport is the principal attraction. In the district of Zweisimmen lie the accommodation huts, Eggweid (1512 mt) and Rinderberg (1715 mt).

Ski-tours: Besides a number of smaller tours in the neighbourhood are the following half and whole day tours: 1. Rinderberg Peak (2081 mt) with beautiful long descent. 2. Saanenmöser - Hornberg - Barwengen - Kaltenbrunnen - Eggweid - Zweisimmen. 3. To the Hundsrück Peak (2049 mt) which descent to Neuenberg-Zweisimmen or to Oberegg-Jaunpass-Weissenbach. 4. To Eggen-Jaunpass (1506 mt). 5. To Eggen-Schwarz Lake-Reichenstein. 6. Niederhorn (2080 mt)-Weissenburg. 7. Meienberg (1852 mt)-Gestelenalp-Seeberg Lake. 8. Frohmatt District (2000 mt). 9. Matten-Fermeltal (1300—2000 mt). 10. Matten-Hinterberg-Schlatthorn (2000 mt). 11. Laveygrat (2133 mt)-Adelboden. 12. Fermeltal-Bluttlig to Alpetli-Frohmatt or to Grimmialp-Diemtigen.

The ski district Hornberg and Saanenmöser, is opened up by the Zweisimmen-Montreux railway, which also makes possible day tours in the splendid ski-district of Gstaad and Saanen. For high mountain tours, extending about 1½ days we mention: 1. Lenk-Iffigenalp-Wildstrubel (1351 mt). 2. Lenk-Iffigenalp-Wildhorn (3264 mt).

Ice Sport: Two ice rinks, one in the middle of the village, lighted in the evening by electric light.

Clubs and Societies: Ski-Club Zweisimmen. — Improvement Society Zweisimmen.

Accommodation.

Hotel Simmenthal. — Renowned kitchen and cellar. Rendez-vous of the Sporting-World. Central heating. F. Schletti.

Hotel de la gare Terminus. — Highly recommended to Sporting people. Excellent cuisine. Central heating. Pension 7—9 fr. everything included. J. Hubler.

Lenk.

1070 mt (3508 ft) above sea level.

Since the Winter 1912—13, Lenk formerly exclusively known for its Sulphur Wells, has been arranged as a Winter Sport Centre. It is accessible from Zweisimmen by the Electric Railway.

Lenk lies in the bed of a sunny valley the extensions of which

are specially favourable for large Ice Rinks. Round the Village extend Ski-fields and Toboggan runs. The mountain Pass of the Hahnenmöser is valued as a magnificent ski-district over which is reached the well known Winter Sport Centre of Adelboden.

Sport.

Tobogganing: On the roads from the near heights, 2—3 km.

Ski-sport: Tours for beginners and experts, among others: Hohlibe-Bühl, Mülkerplatte-Wallegg, Trüttlisbergpass-Aegerten, Hahnenmoos-Bühlberg-Brand, Wildhorn via Rawyl, Wildstrubel hut on the Wildstrubel, to Adelboden, Lauenen and Gstaad.

Ice sport: Ice rink, 2800 m² (¾ acre).

Clubs: Lenk ski-club.

Grimmialp.

1260 mt (4131 ft) above sea level.

The Winter Resort of Grimmialp, lies on a peninsular shaped terrace, long known to Summer guests in the Upper Diemtig Valley an offshoot of the Simmen Valley.

It is accessible by an enjoyable sleigh ride of 2½ hrs., through a magnificent Alpine valley, from the Station Oey, on the line Spiez-Zweisimmen-Montreux.

Long hours of sunshine and freedom from fog, mark this beautifully situated Winter Sport Centre.

The Männlifluh and Albristhorn, belonging to the Niesen chain, divide this Alpine valley from that of Adelboden, to

A lively return.

which a pass goes over the Otterngrat. Grimmialp, is divided from the Obersimmen valley by the group of the Spilgerten over which there are passes.

From the rocky chain in the back ground, the gentle rounded lines of the green foothills sink into the valley. This quality, of gradual decline, makes these slopes very well fitted for ski sport. Immediately behind the Kurhaus Grimmialp, the Stierengrimmiberg rises to the Arvenhorn, in fine long ascents. For ski-running nothing better than this mountain could be wished, for a descent. Smaller magnificent ski-fields sink down from the Giebelegg. Two good well kept toboggan runs, and two skating Rinks insure for Visitors the enjoyment of Winter Sport pleasures. The Kurhaus is arranged in an up to date manner. It forms with its chalets, and the small stately church at the corner, above the high road, a truly independent colony, in a wonderful and typical Alpine valley.

Sport.

Toboggan runs: On the Kurhaus road-Gaisboden to Kurhaus.

Ski-sport: Grand ski-fields from Arvenhorn over Stieren-Grimmi; likewise from Ranflihorn (2326 mt = nearly 1½ miles), many smaller ones on other slopes.

Excursions on the Männifluh (2654 mt, magnificent view) over the Ottern Ridge to Adelboden, over the Grimmi Pass to Lenk over the Hahnenmoos Pass to Zweisimmen. Practising fields near the Hotels.

Ice-sport: Ice Rinks quite near the Kurhaus.

Accommodation.

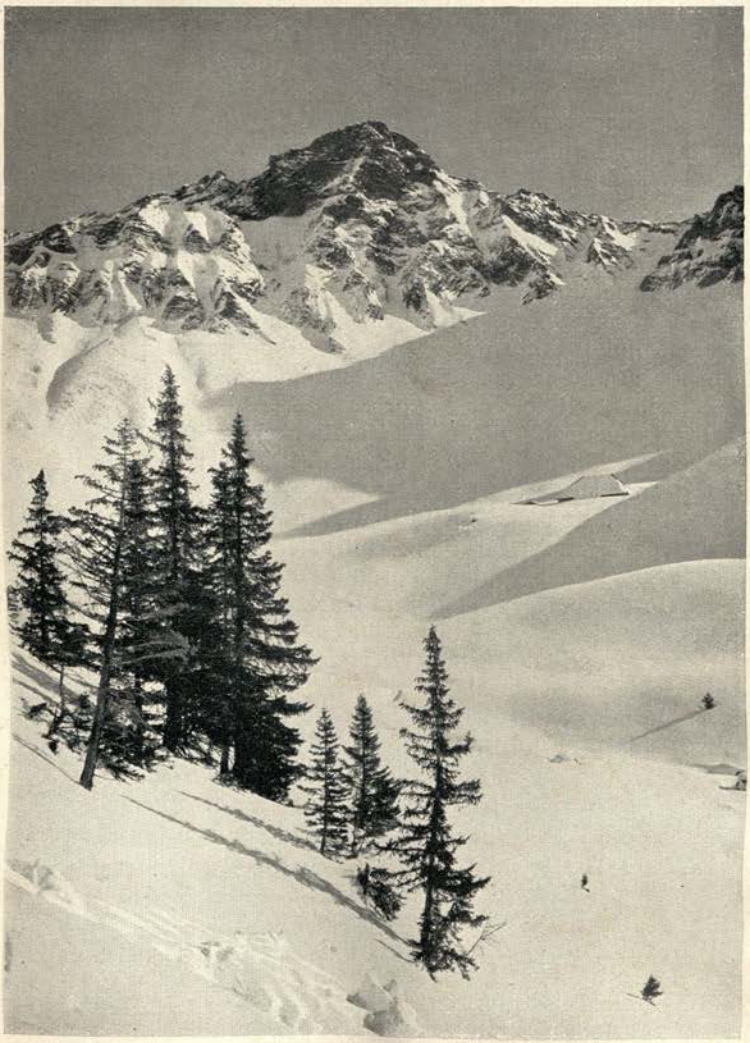
Grand Hotel Kurhaus. — Plain House of good style. Hot water heating. Modern hygienic installations. For particulars see appendix. John Ch. Poltera, Director.

In the District of Berne-Thun.

Berne.

546 mt (1780 ft) above sea level.

Approaching by rail, the proud and powerful city of Berne (870,000 inhabitants) uplifts itself on the steeply sloping banks of a Sandstone rock, encircled by the foaming Aar, which here is shaped like the letter S. Unique as the position, is the architecture of the old Zahringen City, the Capital both of the Canton and the Republic. On the borders of the Swiss



In the Ski-territory of Grimmialp.

Midlands, surrounded by green carpeted and dark forested mountains, rising up to 3000 ft in height, Berne opens to the West, the wide entrance door to the world famed Bernese Oberland, the object of travel of uncounted hosts, both in Summer and Winter.

The surpassing colour grandeur of the gleaming wealth of the snow giants in Spring and Autumn delights the eye, the sublime Majesty of the Winter grips not less the heart and senses of the wanderer nearing the Bernese Oberland. As a transition station, also, Berne must not be overlooked.

Strolling through this venerable City on the Aar, the sombre Gate tower with clock and moving figures, the high arrow-shot escarpments, the numerous monumental fountains, the archaic houses and patrician seats, the narrow passages and lanes with the characteristic colonades, the Guild houses and monuments, all tell of a glorious past.

The Cathedral, built in late Gothic style, with its magnificent portal; the imposing Federal Palace; the University buildings; the grand Museums (Art, History, Alpine etc.); have all a wide reputation and should be seen. In the "Stadttheatre" both Opera and Drama are cultivated.

The neighbourhood of Berne gives opportunity likewise for Winter Sport especially in Gurten easily reached by the Funicular Railway in the Hotels of which guests find comfortable reception. Further the rocky heights near Schwarzenburg which are specially suited for Ski-Sport, are visited from Berne as also the Emmen Valley and the Entlebuch (Muschlenalp, Flühli).

Sport.

Toboggan Runs: Two runs, Gurten 1½ km, Timmerwald 1½ km.

Ski-sport: Practising fields at Gurten and Bantiger.

Ice-sport: Egelmösli 10000 mt² (2½ acres), Mosseedorfs Lake 1 km long, 600 mt broad.

Accommodation.

Bellevue Palace Hotel. — Unique and most quiet position. A fine example of modern Hotel architecture and equipement. Apartments with bath. 5 minutes from Station. American Bar. F. Eggimann, Manager.

Grand Hotel and Bernerhof. — First House in the place. Most modern comfort. Suites and rooms with baths and toilet. 2 minutes from the Station. Unequalled views of the Alps.

We begin our journey through the Oberland Winter Health Resorts, as far as they have not been already noticed, at the outermost circumference in the West, in the Valley of the Gürbe, or the Gurnigels.

Staffelalp.

1000 mt (3278 ft) above sea level.

From Berne by the "Gurbetal" Railway via the Station Burgistein-Wattenwil-Staffelalp, showing due to its lofty situation far into the country, Staffelalp is reached by sleigh or on foot (1 hr). Artistically the district is one of the loveliest of the Oberland. The outlook from the comfortable Kurhaus is of great variety. To the Ski-runner Staffelalp offers an excellent practice and touring district, the latter comprising the whole Stockhorn Chain, e. g. Gantrisch, Bürglen etc. A beautiful Ski-tour is that via Gurnigel on the Pfeife, with a magnificent descent. — Jumping opportunities are found quite near the Staffelalp Kurhaus, from which a toboggan run of 2 km long goes towards Grundbach to the valley, while an extension can be traversed to the village of Wattenwill (3 km) or to the Gürbe Bridge (5 km) but ten minutes from the Burgistein Station.

Sport.

Toboggan and Ski-sport: see above.
Ice-rink:

Accommodation.

Hotel and Kurhaus Staffelalp. — Central heating, excellent catering. Café-Restaurant. — Winter sport. A. Meier.

On the Staffelalp

Goldiwil.

1000 mt (3278 ft) above sea level.

This little village lying in the district of the neighbouring town of Thun, is a beautiful Winter sport centre much visited by the Swiss and is also a Winter health resort, 1 hour distant from Thun and provided with good hotels and good Post communications. This charming spot lies on a high plateau, which slopes gently down to the lake of Thun. Goldiwil enjoys, thanks to the entirely protected position and the fogless days, a healthy mountain climate. The view comprises the whole of the Bernese Alps, which in Winter often appear on the other side of an immense sea of fog, over the lake of Thun.

The important point of Goldiwil is its 7 km ($4\,^1/_4$ m) toboggan run from the village down to Thun. The place owns in its extensive ski district, a further important point of attraction, which allows of uncounted shorter and longer excursions, in the course of which the many herdsmens huts, on the slopes, may be used for rest. During the season minor Winter sport festivals and ski competitions are arranged.

Sport.

Toboggan runs: Goldiwil-Thun road, 7 km. — Some small runs in the neighbourhood.

Ski-sport: Practising districts near the hotels. — Jumping hills. Numerous and beautiful tours, among others: Winteregg, Winteregg-Homberg, Homberg, Gybelegg-Schwendibach, Winterberg-Schwendi, Rothenberg-Teuffen valley.

Clubs: Goldiwil Winter sport club.

Accommodation.

Hotel and Pension Blümlisalp. — Well known House, comfortably furnished. Central heating. — Moderate prices. — Prospectus gratis.

Hotel and Pension Jungfrau. — Best managed. Comfortable Family Hotel with pleasant social rooms. Handsome illustrated prospectus free.

Hotel and Pension Waldpark. — Best managed house, specially arranged for the Winter traffic with pleasant social rooms. Prospectus free.

Beatenberg—Amisbühl.

1150 mt (3770 ft) above sea level.

The well known Summer health resort Beatenberg, above the Thun Lake, at 3 hrs. distance from the town, which has lately

Beatenberg-Amisbühl. Phot. König.

advanced to the rank of a Winter centre is reached most conveniently by the Thun Lake and Beatenbucht.

From there the Funicular (Thun Lake-Beatenberg) carries the Winter guest in an enjoyable journey, with lingering evolution of a grand Alpine Panorama, to the Mountain terrace so rich in views. From Interlaken the approach to Beatenberg is on the Post route offering the grandest views.

The development of this Winter Sport Centre strides vigorously forward. — Thus two new establishments with modern arrangements, have opened on the East of the terrace which are of the greatest advantage in regard to the snowy slopes of Amisbühl. These offer ideal Ski-fields for beginners and graduated districts for experts. The season comprises the months of December, January and February.

There are two Ice Rinks; of the toboggan runs those on the road to Interlaken lake the first rank. The glorious view into the high mountains is worthy of mention. The changeful waves of the sea of fog, often lying above the Thun Lake offer at times a surprising spectacle. Ski and Toboggan Races,

Curling and Bandy competitions, as well as Ice Festivals bring variety to the Sporting life. The stretch of the Beatenberg Road, from the Regina Hotel as far as the station of the Funicular, is known as a satisfactory place for Skikjöring.

Sport.

Toboggan runs: Several good runs specially on the Road Beatenberg-Interlaken.

Ski-sport: Practising fields. Graduated district for experts especially on Amisbühl. Repaying tours.

Ice-sport: Two Ice rinks, one of 8000 mt² (2 acres). Curling, Bandy.

Clubs: Winter Sport Club, Bobsleigh Club.

Accommodation.

Hotel Amisbühl. — 4275 ft above the sea. In a glorious situation, with unrivalled views on all sides. — Central heating, electric light, baths, telephone, telescope, open and closed verandas. Rooms with terraces and balconies. Prop. Fam. Marti.

Hotel Alpenrose and Regina. — First class Hotel. Fully rebuilt and enlarged. Prop. Family Brunner.

Peaceful Evening. Phot. Wehrli.

Grand Hotel Bellevue. — Family Hotel of the first Rank, in a beautiful situation with a wonderful open view. Prospectus. S. Bill-Anderegg.

Grand Hotel Victoria. — In a beautiful situation with view of the Mountains of the Bernese Oberland. Lift. Central heating. First Class French Cuisine.

In the District of the Bernese Alps.

The new Lötschberg Railway, starting from Thun-Spiez, and connecting with the South, opens up the excellent Sporting district of Adelboden in the Kien valley which begins at Reichenbach on the Bernese Alpine Railway, and higher up has made known the high Alpine Kandersteg, in the heart of the glaciers of the Blumlisalp. Likewise at the Southern exit of the Lötschberg tunnel, at Goppenstein in the upper Lötschberg valley, there is opened out a cultivated rural mountain district of the highest interest.

The Railway itself, as a masterpiece and example of railway and electro-technique, surprises the astonished senses no less in Winter than in Summer. The journey over the whole stretch is so rich in contrasts and striking Alpine scenery as scarcely to have its equal in Europe. In spite of the 74 km (45 $^1/_2$ miles) Railway being only intercantonal, it becomes of international importance by shortening the Simplon route. It makes a number of Swiss, German and French towns, as for example the great Tourist District of the Bernese Oberland, at one stroke, nearer to Milan, Genoa, Turin, Venice. The Lötschberg tunnel, 14506 mt (9 miles) long, is unique in that its axis is not a straight line but at both ends bends off in considerable curves. The whole line being worked by electricity there is no smoke, which increases the enjoyment of the landscape beauty of the valleys traversed.

And now for the Sporting District. We are carried there by the Bernese Alpine Railway close to the opening of the picturesque Kien valley, where Winter Sport has gained a new Centre its second highest situation in the Canton of Berne.

* *

Griesalp.

1510 mt (4951 ft) above sea level.

One of the higher Winter Centres of Switzerland Griesalp opens up a wonderful Alpine valley to the Winter traffic. From the Station Reichenbach of the Bernese Alpine Railway, runs a fine carriage road in wide tunnelled loops, first to Kiental Village, and from there in several steep ascents, to the broad level Alp Tschingel. In the back ground an artificially constructed road mounts the, in some places perpendicular, rocks past the magnificent Pochten and Dünden Falls, and at last through a narrow portal of rock up to the far showing heights of Griesalp, with its Kurhaus arranged for Winter sport.

Griesalp is connected with Murren by the Sefine-Furgge Pass, which over the saddle of the famous Hohtürli Ridge leads into the district of Kandersteg. The place is therefore an especially prominent Ski-district and, owing to its sheltered situation, in mild Winters trout are to be obtained. The journey Reichenbach, Griesalp takes about 3 hrs.

Sport.

Toboggan Runs: Run to Tschingel (private property of the Hotel). Smaller runs in the neighbourhood.

Ski-sport: Descent from Upper and Lower Dünden. Practising district towards Gorneren and Steinenberg.

Ice-sport: Ice Rink before the Hotel.

Accommodation.

Kurhaus and Grand Hotel Griesalp. — 82 Rooms with 110 beds, in a fine position, rich in views. F. Erni and Glutz.

Frutigen.

781 mt (2625 ft) above sea level.

This is an important changing station. Leaving the railway one takes the Post carriage to reach the important Sporting Centre of Adelboden.

Adelboden.

1357 mt (4449 ft) above sea level.

In Adelboden, the Bernese Oberland owns a high Winter sport place of the first rank. This fine resort lies on an extending terrace, above the Engstligen Valley proper in a

In the High Valley of Adelboden. Phot. Wehrli.

side valley of the Kander, 2½ hours from Frutigen (Station of the Bernese Alpine Railway). From Frutigen the post runs three times daily, on an interesting road over tremendous ravines, along steep slopes, up into the valley of Engstligenbach which widens out in its upper terraces.

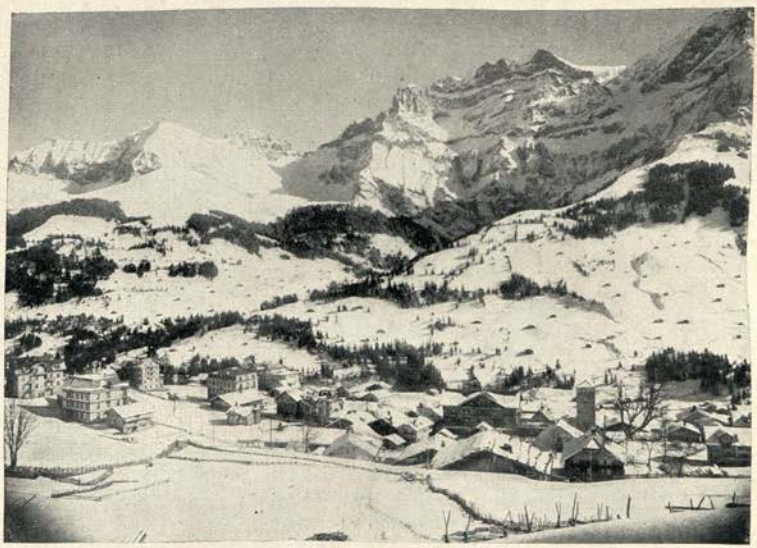
From this place a great picture of high Alpine beauty unrolls itself before the onlooker, from the Elsighorn to the Wildstrubel with the mighty masses of the Grosslohner, the Bonderspitze, and the Tschingellochtighorn etc. well known to climbers. The grandeur of the immediate neighbourhood of Adelboden, in its white magnificence, has a most peaceful and impressive effect on the mind.

The houses, and the large hotels of the resort, rest on the slope of the Tschentenalp, lying entirely protected from wind by the overtopping mountain ranges. The sun has everywhere unhindered access, and with its warm rays, fills the valley to overflowing, while the peaks reflect the light which glistens diamond like in the dry pure Winter air.

Adelboden is excellently suited for nervous diseases, those with poor blood, those in need of change and convalescents.

The healthy visitors of Adelboden come in ever increasing numbers, and thus stamp the place as a Winter sport centre of the first rank. It is especially the ski-sport, which here finds an extraordinarily favourable field. The village itself stands in the middle of a ski-district, a practising tract, and the rest of the valley with its passes, high chains and peaks,

Adelboden - Skeleton Run. Phot. Wehrli.



Adelboden. Phot. Wehrli.

within easy reach, offers the ski-runner the richest choice of easy or difficult tours.

Adelboden owns several natural and artificial toboggan runs of every kind, so that both bobs and skeletons have runs constructed for their especial use. Beside the large skating rink of the Kurverein, with comfortable heated Pavilion and Restaurants, the large hotels have installed private rinks, both for the ordinary skating, and also for figure skaters, curling and bandy players.

As a result of these faultless sporting conditions, united with the comfortable accomodation, answering all sanitary requirements, Adelboden has developed quickly into a famous Winter sport centre of considerable international renown. The life is quite fashionable, but yet shows an earnest Sporting stamp, which is sometimes lacking in the most frequented of our Health Resorts, since their visitors often take the journey to the high mountains in Winter rather for the mode than for sport.

The many Sporting arrangements are all carried out with an intimate knowledge of the subject, which places them among the first of Switzerland. For ski-races, the climbs and ascents most rich in change are chosen, and the competitions on the toboggan runs offer pictures as interesting as those on the ice fields.

Sport.

Toboggan runs: Runs for toboggans, bobs and skeletons.

Ski-sport: Practising districts close by. — Jumping platform.

Ice sport: Public ice rinks and three private ice rinks. All rinks for Bandy and Curling.

Clubs and Societies: Adelboden Ski-Club. Sport-Club. Development Society. Information Office.

TOURS.

1. Hahnenmoos (1954 mt). Fine unequalled Ski-district with magnificent prospect. 2 1/2 hrs. from Adelboden above Gilbach (Restaurant); return over Ludnungalp in 1 1/2 hrs. From Hahnenmoos-Restaurant climbing the Regenbolshorn (2195 mt) or Laveygrat (2354 mt), and from there back over Silleren, Gilbach or Stiegelschwand (Restaurant Schermtanne).

Curling Rink. Phot. Wehrli.

Adelboden - The Large skating-rink. Phot. Wehrli.

2. Schwandfeldspitze (2034 mt). climb upward via Stiegelschwand in 2½ hrs. Descent via Tschentenalp.
3. Höchst (1972 mt). Climb 2 hrs. Descent 10 minutes.
4. Bonderspitze (2543 mt). Climb 4½ hrs. Descent in ½ hr. Magnificent outlook on Blümlisalp, Jungfrau, Balmhorn etc.
5. Elsighorn (2346 mt). Climb 5½ hrs. Descent 1 hr. Many other tours, concerning which the Information office will be pleased to give every information.

Accommodation.

Hotel and Pension Alpenrose. — Well managed Family Hotel in beautiful position. Central heating. Moderate prices.

Hotel Beau-Site. — In commanding situation. Large Entertainment Hall. Every comfort. Central heating. Pension 8—12 Fr. Prospectus.

Park Hotel Bellevue. — Very beautiful and quiet situation. Comfortable well furnished house with central heating, electric light. Good Family Hotel with moderate prices. F. Allenbach.

Hotel Pension Edelweiss. — Sunny position. Every comfort. Central heating. Electric light. Baths. Meals at small tables.

Grand Hotel. — Winter and Summer Sport. First class Hotel. 180 beds. Own large private Ice Rink. Curling and Bandy. Ice Run. Bobsleigh.

Kulm-Hotel-Kurhaus. — First-class hotel with 140 beds. Large park next to hotel. Cars at the Frutigen station. Large tennis-court. Private Curling-rink. Telegr.-addr.: Kurhaus Adelboden. W. Seewer, Prop.

Hotel National. — Strictly first-class. Lift. Orchestra. Large ballroom, private Skating-rink, Prospectus free. Schmid, Prop.

Nevada Palace Hotel. — 120 beds. Distinguished Family Hotel. Massive stone building with all modern comforts. Lift. Suites with private bath. Grand entertainment Hall. Ice rink. Porter and Sleigh carriage at Frutigen Station.

Regina Hotel. — I. Rank. 150 beds. Suites with private bath. Lift. Special Ball and Concert Hall. Latest comfort. Prospectus on application.

Hotel Pension Schönegg. — Adjoining the large Ice and Toboggan run. Comfortable and well managed house. Central heating. Electric light. Sunny position. Confiserie. Moderate Hotel. H. Althaus.

Pension Hari zum Schlegeli. — Christliche Pension. Comfortable and well managed house. Entertainment Hall and Library. Central heating. Electric light. Baths.

Kandersteg.

1169 mt (3833 ft) above sea level.

On the second stage of the uppermost Kander valley, one of the important Stations of the Bernese Alpine Railway lies the idyllic mountain village of Kandersteg. World renowned as a Summer cure resort, and as a fixed centre for Winter tourists, sought out by strong and weak because of its superior climate, it has since 1903, gradually become a distinguished Winter station, which is fitted to win for itself a place in the first rank. The Health Resort has obtained its wide fame through the international Curling competitions.

Through the opening of the Lötschberg Railway, the Sporting and Touring district of Adelboden is considerably extended. Especially has it spread over the whole Lötschen Valley (Station Goppenstein). Only by means of the railway is it at present possible to carry out, in one day, Ski-tours over the Lötschen Pass.

Besides its climatic advantages, such as atmosphere free from fog, protection from rough winds, the dryness of the air, and so on, it is its ground formation, which so fits it for a Winter health resort. In sublime peace Kandersteg lies embedded in the broad valley almost entirely flat, about 4 km

Kandersteg.

long by 1 km broad ($2\frac{1}{2} \times \frac{3}{5}$ m) which, on the by no means few sunny days, invites even old and weakly guests to pleasant walks.

The scenery among the wintry high mountains is grand. Snow a yard high covers the forests and slopes; the mountains in their white robes are twice as beautiful as when clear, and the roaring waters, usually gushing from them, are frozen in Winter in glistening ice cascades.

Winter sport, in all its phases, is exercised in Kandersteg. The lesser slopes in the near neighbourhood, form for the beginner a suitable field of action, and for expert ski-runners, the high tours form an excellent touchstone of their knowledge. The level valley on the other hand, is especially suitable for the exercise of Skikjöring and Tailling parties, as well as the lively Sport of skating.

There is in Kandersteg no lack of toboggan-runs, for there are six, as well as two interesting bob runs, at disposal. If through unfavourable weather the four Ice-rinks become impracticable, part of the Oeschinen Lake is prepared for Skaters, among whom Bandy and Curling players are always found.

In the high season, a pleasure committee is formed, which brings into the life there, the most varied sporting and social

entertainments: Ski, Toboggan and Bobsleigh Races, Curling and Bandy tournaments as well as Ice Festivals. Large Social excursions to Waldegg Höhe, Oeschinen Lake, Uschinen Valley etc. are especially popular. The musical needs are met by a special orchestra.

The Hotels of Kandersteg have adapted themselves to the Winter life in the most advantageous way.

Sport.

Toboggan runs: From Oeschinen lake to Kandersteg, 3 km. — To Blau lake, 3 km. — Near Hotel Kurhaus, 0,8 km. — Waldegg, 0,8 km. — Gemmiweg, 0,8 km.

Bobsleigh run: From Oeschinen lake, 1,5 km.

Ski-sport: Ski field for beginners quite near. — Jumping hill. — Tours: Oeschinen valley (Ski hut), Oeschinen lake, Gellihorn, Wildstrubel, Golitscheralp, Giesenalp-Kiental, through the Gasteren valley over the Tschingel pass to Lauterbrunnen (Mutthorn hut) etc.

Ice-sport: 4 skating rinks in the village. — Bandy, Curling.

Clubs and Societies: Kandersteg Ski-club. Kandersteg Bobsleigh-club. Development Society with Office.

Accommodation.

Grand Hotel Kandersteg. — 120 beds. Modern comfort.

Hotel and Pension Belle-Vue and Central. — Modern comfort.

Grand Hotel Victoria. — 120 beds. Modern comfort.

Kandersteg. Phot. Wehrli.

The Inner Bernese Oberland.

The Oberland Winter Resorts which have been mentioned up to the present lie, mostly to the W. and S. W. on the outer circle, considering Interlaken, with the Alpine Majesty of the Jungfrau as the centre of the district. But at Interlaken itself is disclosed the most famous, and the earliest visited, of all the mountain valleys of this peculiarly Swiss Tourist land.

Interlaken.

571 mt (1872 ft) above sea level.

True this is not a Winter Resort proper, for its climate is extremely mild. No matter, it serves in Winter as a transition station, for its convenient situation gives it a claim to this standing.

Interlaken is the starting point for the Bernese Oberland Railway, whose track leads to Grindelwald and Lauterbrunnen. This latter place is moreover the key point for Murren, Wengen, Wengernalp and the stations of the Jungfrau Railway. — Besides these, the whole of the Winter Resorts of the Bernese Oberland are accessible from Interlaken within two hours. Grindelwald, Wengen and Murren are reached within 1½ hrs. In this Bödeli Metropolis a great number for excellent modern Hotels of the II. Rank cater in Winter for accommodation and provision, while even Ski and Ice Sport can be arranged during the Mid-Winter period. Together with these the Ice rink, lying in a bend of the Rugen forest, is open daily for a long period, and the immediate neighbourhood offers fields for Ski beginners. While the slopes of Amisbühl (Beatenberg) and the extensive fields of the Habkern Valley are excellent Ski-districts for expert runners.

We will now turn to the proper Winter Resorts of the Inner Bernese Oberland.

Lauterbrunnen.

800 mt (2664 ft) above sea level.

Since the opening of Wengen as a Winter Resort, the visiting of the valley station of Lauterbrunnen, world renowned for its "Dust fall" has increased to such an extent,

Lauterbrunnen. Phot. Nikles.

that it is become a Sport Centre, and a principal changing station for Wengen, Murren and Grindelwald. Lauterbrunnen is a station of the Bernese Oberland Railway from Interlaken which from the Winter of 1914 will be worked by electric power on the stretch Interlaken Grindelwald-Lauterbrunnen. It lies in its loneliness amid majestic surroundings, well known through millions of reproductions of varied excellence.

It serves as a changing station for Wengen and Murren, to both of which run mountain railways and offers pleasant entertainment to the sportsman in some Toboggan, Runs. an Ice Rink and several excursions on Skis.

Sport.

Toboggan run: On the roads near the place.
Ski-sport: Practising district and several Tours.
Ice sport: Ice rink in the place.
Society: Improvement Society.

Mürren.

1650 mt (5409 ft) above sea level.

One of the youngest of the Winter Sport Centres of the Oberland is the highest village of Canton Berne, the well known Murren which first made its entry into this circle in the season 1910/11. Situated on a mountain terrace high above Lauterbrunnen, it has a grand view. This comprehends a wide panorama, with the Wetterhorn as the left, and the Gspaltenhorn as the right wing. In the centre, towers up the mass of the Jungfrau, as the apotheosis of the mountain wonders of the Bernese Oberland.

From Lauterbrunnen, an electric Funicular climbs up the steep mountain side to a terrace on which runs an adhesion Railway to Murren, in the face of the snow and tremendous glaciers of the Bernese Oberland.

Its height, a really suitable Ski territory, above all a rich snow fall, and a spirit of enterprise on the part of the Hotels, have raised the genial Murren to a Winter Sport Centre of the first rank, the more especially as the favourable snow conditions extend the season till late in March.

The numerous promenades which stretch over the whole plateau, abundant sunshine, and other climatic advantages recommend Murren for a residence in Winter both for Sport and for an air-cure.

The Funicular Lauterbrunnen-Murren offers welcome transport facilities to the Tobogganist for his return. The journey on the line especially on the stretch Grütschalp-Murren gives indescribable pleasure, which in itself already repays the visitor to this high Alpine Terrace.

One Bob-Run which in the laying out, as also in relation to the view cannot easily be excelled runs from Allmendhubel in fine undulating lines down to the village level. The Allmendhubel Funicular takes Sport people with their implements, to the starting point of the magnificent run.

On a steep mountain path Murren is accessible in 2½ hrs. from Lauterbrunnen it can likewise be reached via Stechelberg-Gimmelwald.

Sunshine on the Eiger, from Mürren. Phot. Brügger.

Mürren. Phot. Wehrli.

Sport.

Toboggan runs: Run at Allmendhubel, 1,5 km. — Path to Grimmelwald, 2 km. — Path to Lauterbrunnen, 2 km.

Ski-sport: Practising district above Mürren.
Shorter tours: Gümmelen, Schiltalp, Guihubel, Allmendhubel, Blumen Valley, Kännelegg, Winteregg, Dorrenhubel. Longer tours: Peters Ridge, Obernsteinberg, Sefinenfurke, Boganggen, Schilthorn, Schwarz Ridge, Marchegg, Saus Valley (hut 2300 mt).

Ice sport: Ice rink near Grand Hotel Kurhaus des Alpes. 5000 mt² (1¼ acres).

Accommodation.

Grand Hotel and Kurhaus. — Hotel of I. Rank. Rooms with bath. Lift. Central heating. Ice Rink and Toboggan Run. Own Concert Hall. M. Müller.

Grand Hotel des Alpes. — Hotel Pension Alpenruhe. — Hotel Edelweiss. — Hotel Eiger. — Regina Hotel.

Wengen.

1275 mt (4180 ft) above sea level.

Wengen, the nearest neighbour to Mürren on the opposite slope of the mountain and lying on a wide mountain terrace

beneath the Mannlichen chain, has gained for itself, the best of fame as a Winter sport centre.

The place is reached from Interlaken, via Lauterbrunnen by the Bernese Oberland, and the Wengernalp railways.

On the plateau of Wengen, so unwontedly rich in views, magnificent sunshine reigns the whole Winter long, illuminating the high Alpine neighbourhood, and glistening on the avalanches of ice constantly falling from the mass of the Jungfrau, the snowfields by Mürren, and the peaks standing above them.

The view over the Lauterbrunnen valley, as far as the lofty mountainous substance of the Breithorn, emulates in beauty, that from the summit of the Jungfrau.

Besides its landscape beauty, Wengen possesses climatic advantages, making it specially suitable for Winter cures, with the exception of lung disease. Residence here is also to be recommended for those wishing recreative change, even

Ski-fields by Wengen. Phot. Nikles.

though they do not visit the high mountains for the sake of sport.

The provisions for sport are superior, and the toboggan runs, as well as the arrangements for skating, faultless.

The great Palace Rink with its refreshment room and wide Hall, in its open situation and outlook on the mountains and into Lauterbrunnen is unparalleled in Switzerland, like the toboggan run erected in autumn 1913, which is about 3½ km long, running from Wengernalp to Wengen. The run, which technically is laid out most excellently, crossing the pasture-ground and the mountain forests, opens some wonderful views. Numerous sport-trains of the Wengernalp Railway run from Wengen up to Wengern-Alp, thus affording an intensive opportunity to make use of the toboggan run. Close at hand too lies the village Ice rink, likewise having a large ice surface.

For ski-runners, there are good opportunities in the immediate neighbourhood of the village. For the expert, there is now open the district of the Wengernalp Railway which runs up to the Wengernalp Station. He can choose the Wengen or the Grindelwald side for his journey. At either, especially grand descents are carried out. Also the station Kleine Scheidegg is worked in Winter, so that an important Ski Centre is maintained.

In an unequalled elevated district runs the Jungfrau Railway, the wonder of the Alpine world, as well as of the Sportsman and Alpine climber. From the station of the Jungfraujoch (3457 mt a. S.) the latter penetrates with ease into the marvels of the high mountains. Most of hotels are opened also in winter.

To these advantages of Wengen as a Winter Health Resort there are added, comfortable accommodation, good communication with the valley and the Federal Railway, with a series of social and sporting entertainments.

Sport.

Toboggan runs: Several runs on the roads.
Bobsleigh run: Run in the place.
Ski-sport: Beautiful practising district, in the direction Wengernalp-Scheidegg. Tours on the Jungfrau district.
Ice sport: Ice rink in the Village, 8000 mt^2 (2 acres). Ice rink at Hotel Brunner.
Clubs: Wengen Sport Club.

Ski-practice.

Accommodation.

Hotel and Pension Brunner: Comfortable House in grand position. Restaurant. Baths. Central heating. All Sports. U. Brunner.

Grand Hotel Belvédère. — Hotel Bristol. — Hotel-Pension Falken. — Sport Hotel Metropole. — Palace Hotel. — Regina Hotel. — Hotel Schweizerhof.

Grindelwald.

1057 mt (3465 ft) above sea level.

Grindelwald is the oldest Winter Sport place of the Bernese Oberland, and one of the earliest of the whole of Switzerland. Its first visitors with this aim go back as far as 1865 and it was able at once to develope into a Winter Sport Centre of the first rank. Such will not be found too often in this book. Grindelwald however, unites in itself every advantage: it fulfills all the essentials with regard, to climate, the formation of the ground, easy accessibility, and not least hotel accommodation, with the intelligent exertions of the leading men of this renowned Health Resort.

Grindelwald is a Winter paradise! While, in the lowlands, fogs wave over the lakes, and move along the line of the rivers, while mankind, freezing and panting, clothed in warm wraps hurries along the streets, through mud and puddles, here the visitors and natives sun themselves in light garments. That which in the towns is detested — the snow — is here, the chief factor of the Winter pleasures.

The formation of the ground, and the climatic conditions, are particularly favourable for the visits of those in need of healing as well as those who practise Winter Sport.

People with anaemia nervous illnesses, asthma trouble etc. always visit this high cure resort with good results.

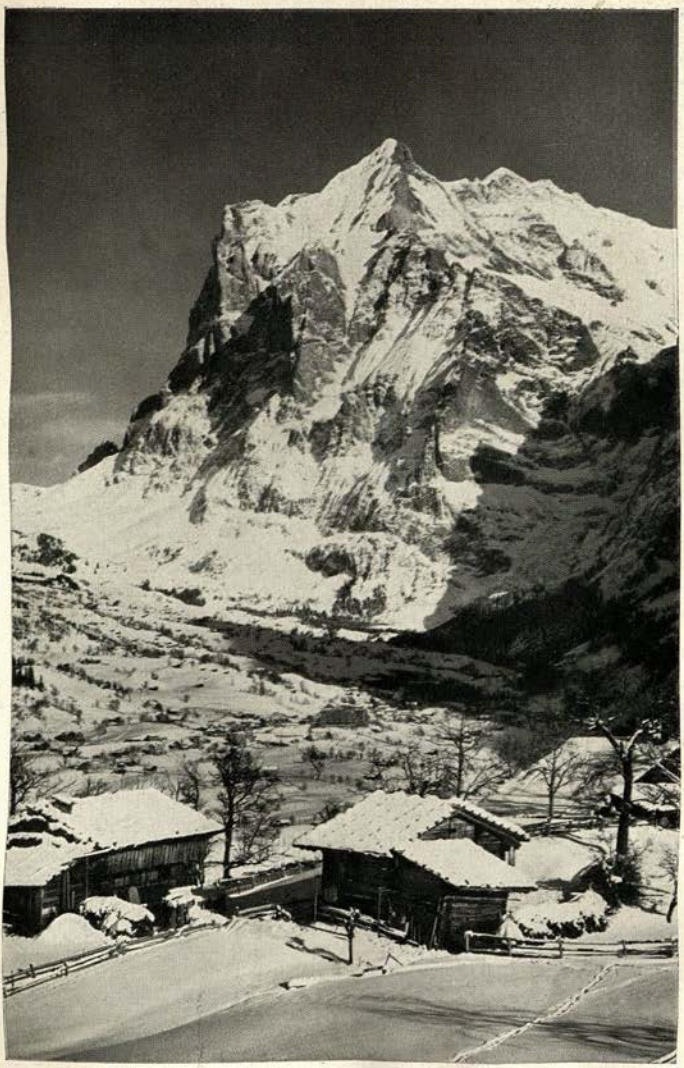
At the disposal of these, stand the many walks in the elevated neighbourhood of the place, in case they do not care to look on at the runs, or the skating rinks.

From the single ice rink of 1888, which was the real year of the commencement of Winter Sport here, there are to-day no less than six. Special rinks are devoted to the ice games bandy and curling, on which, during the whole extraordinarily long Winter season, interesting competitions take place, between both native and foreign clubs.

The tobogganer finds in Grindelwald, besides the four special runs, several more on the roads, all round the valley. On the S. side of the valley, sheltered from the sun, a fine Bobsleigh Run 4.2 km in length has been arranged which may well be compared with the classical installations of St. Moritz and Davos. The starting of these grand toboggan runs, is served by special Sport trains of the Wengernalp Railway. In the village itself and in the immediate neighbourhood are three toboggan runs of 1—2 km in length.

The races increase from year to year, not only in number, but in the quality of the results attained.

Ski-sport also is well cared for in Grindelwald. The Swiss ski-ing festival of 1910, has spread the reputation of the place, as a fixed quarter for ski-ing through its indisputable authority. In truth Grindelwald possesses an excursion district pre-eminent in Alpine beauty and in its variety leavs nothing to be wished. The tour to the Männlichen, 2345 mt (7504 ft) with an absolutely ideal descent is one of the most beautiful, while those of the Kleinen Scheidegg, to the Eigergletscher,



Grindelwald. Phot. Nikles.

The Wetterhorn after fresh snow. Phot. Nikles.

of the Grossen Scheidegg, and the Faulhorn, stand hardly second to it. In all these directions accommodation is found. For if proper Ski huts are not yet constructed on Scheidegg and Faulhorn there are well furnished Gasthauses. The high mountains in the South of the valley are especially favourable to the production of snow, so that the ski-runner will be able to find here, good ski tracts, both before and after the real season.

The programme of the sporting events in Grindelwald, indicate a first class reputation. The ice competitions, as well as the toboggan races on the runs, have attracted an interest in the best circles. In luxurious Hotels (as also those that serve for more modest requirements) arrangements are made for social entertainments which gather refined society in the evenings. Most of the Hotels are opened also in winter.

An especial attraction is exercised by the evening fête on the ice in which the face of the mystically lighted peaks of the mountain giants of the Oberland — especially the

Curling. Phot. Nehrkorn.

Wetterhorn and Eiger — unroll themselves in the silver light of the moon in a sublime Winter scene.

Sport.

Toboggan runs: Village run, 1 km. — Rotenegg run, 1½ km. — Endweg run, 1 km. — Egg run, 2 km.

Bobsleigh runs: Rotenegg run (Valley road), 1½ km. — Long Bobsleigh run (well built), 4¼ km.

Ski-sport: Excellent practice and touring district, jumping hills etc.

Ice sport: 9 ice rinks in the place, also for curling and bandy. Large public Ice rink 10000 mt² (2½ acres). 6 large private rinks. Arrangements for Curling and Bandy on all.

Clubs and Societies: Grindelwald Ski Club. Skating Club. Bandy Club. Curling Club. Toboggan Club. Improvement Society and Information Office.

Tours.

Männlichen (2345 mt) via Itramen, 4 hrs., Descent via Pfaffenegg-Ritt; Tschuggen (2523 mt) via Gummi and Ostflanke, 5 hrs.; Kleine Scheidegg (2064 mt, Restaurant open) via Alpiglen 3½ hrs., descent best via Buschiglen-Gummi-Rith, or in the Lauterbrunnen valley via Wengernalp-Wengen; Lauberhorn (2475 mt) from Kleine Scheidegg 1 hr.; Eiger Glacier (2326 mt) from Kleine Scheidegg 1 hr.; Faulhorn (2684 mt)

via Bussalp 5 hrs. Descent best via Bach lake-Schreckfeld-Grindelalp-Egritz-Schwarzigen Häusern Egg (road); Schwarzhorn (2930 mt) via Grindelalp 6 hrs., descent via G. Egritz-Schwarzigen Häusern Egg or to the Blau Glacier (also via Great Krinne) and descend via Breitenboden-alp in to the Rosenlaui Valley; Grosse Scheidegg (1960 mt) Hotel open, via Lauchbühl 3 hrs., descent via Stöpfi-Alp or Lauchbühl or to Meiringen via Rosenlaui. (The Descents given are alternatives to returning the same route as ascent.)

High Mountain Tours.

Zäsenberghorn (2343 mt) via the Lower Grindelwald Glacier, 1 day; Jungfraujoch Station by the Railway (The trains of the Jungfrau Railway run daily during the Winterseason) via the Mönchjoch to the Konkordia district; From the above, Starting from the comfortable Konkordia Hut a number of high mountain tours with lovely descents: Jungfrau, Mönch, Fieschерhorner, Finsteraarhorn, Aletscher etc. Also via Aletsch Glacier into the Rhone Valley; via Grünhornlücke-Walliser-Fieschерfirn-Finsteraarhorn Hut-Upper Aarjoch Hut-Upper Aar Glacier to Grimsel-Meiringen; via Lötschenlucke (Egon von Steiger Hut) in to the Lötschen Valley. From the last via Peter's Ridge-Mutthorn Hut in to the Lauterbrunnen on KanderValley.

Rendez-vous. Phot. Nehrkorn.

Detailed list of tours gratis. Exact information concerning tours proposed can be obtained through the Grindelwald Ski-Club. Numerous qualified ski-runners with Guide license.

Accommodation.

Hotel Bear. — First class Hotel. 300 beds. Restaurant. Orchestra. Motor-garage. Ideal winter sport-place. Private ice-rinks and Curling-rinks.

Hotel Beau-Site. — Well managed House in magnificent quiet situation. Central heating. Closed veranda.

Hotel Belvedere. — Modern comfort. Lift. Own Skating and Curling. Ice Rink.

Grand Hotel Eiger and Kurhaus. — House of first Rank, in magnificent situation, centrally situated. Own sporting arrangements. S. Bauman.

Hotel Pension Schönegg. — Comfortable and well furnished House in beautiful position. Central heating. Electric light. Own ice rink.

Waldhotel and Pension Bellary. — Sunniest situation of the Valley. Modern comfort. Price from 7 Fr.

Confiserie Wolter and Central Hotel. — Well managed House, with renowned confectionery. Rendezvous of Tourist and Sporting World.

Tailing-party. Phot. Nehrkorn.

Aletsch Glacier, view of Jungfraujoch. Phot. J. Gaberell.

The Jungfrau Railway.

The grand High mountain Ski-tours are carried out from the Jungfrau Station 3457 mt (11,065) from whence the S. A. C. Huts (Bergli, Konkordia, Egon von Steiger) can be easily reached.

During the Winterseason, t. i. from December 21st to end of February, there are daily circulating 5 trains between Eiger Glacier and Jungfraujoch, and whenever the weather allows it, the trains will run to and from Scheidegg.

Upon desire Extra trains will be run in the intervals. When three tickets are bought at the regular tax, there will be no charge for Extra trains, but for fewer passengers the fixed charge for one train is Fr. 50,— in addition to the ordinary fares for each passenger.

All the trains of the Jungfrau Railway have connection with the corresponding trains of the Wengernalp Railway.

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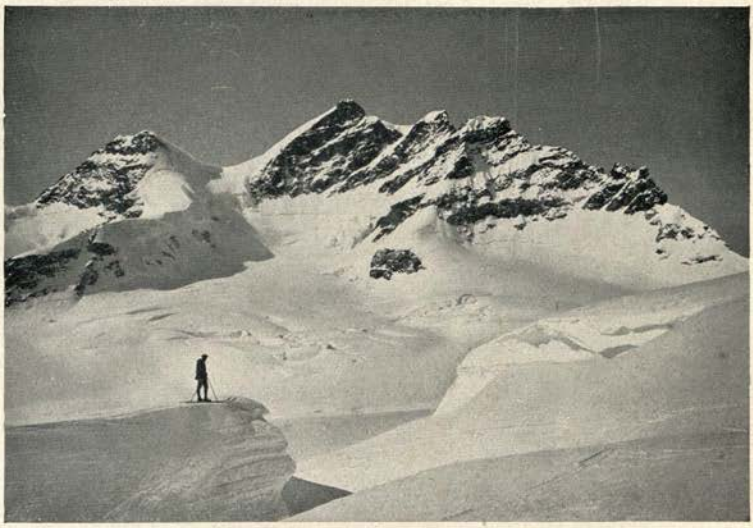

Jungfraujoch, view of Jungfrau and Rotthalhorn. Phot. J. Gaberell.

Engstlenalp.

1839 mt (6029 ft) above sea level.

This high climatic Health Resort with its roomy Kurhaus is situated above Meiringen. The beautiful sheltered position, the open views and the wide Ski-territory on the slope behind the Kurhaus, as well as tours over the Passes to Fruth, Melch Valley and to Engelberg (Joch Pass) and over the Susten Pass make this a Winter Station rich in variety.

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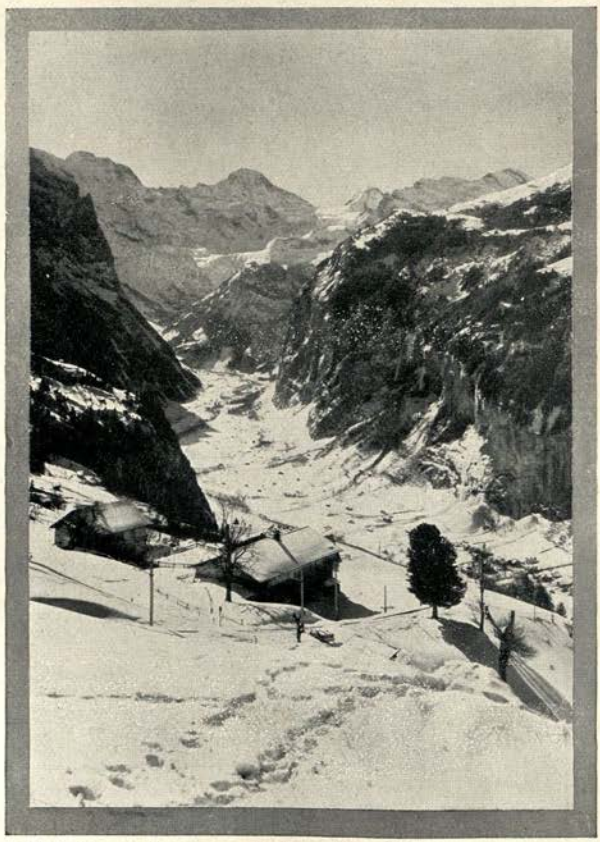
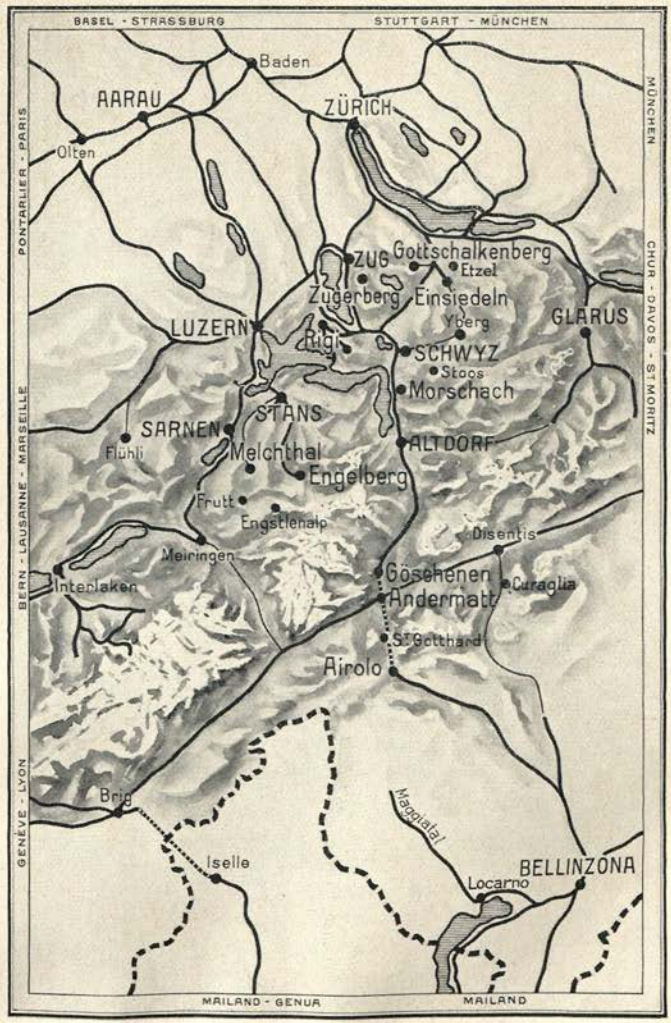


The Lauterbrunnen Valley, from Wengen.

In Central Switzerland.



V.

In Central Switzerland.

Central Switzerland, with its classical places round the Lake of the four Cantons, yearly forms the object of travel for hundreds and thousands of wanderers. If that gigantic concourse of strangers is principally attracted to this jewel of the Swiss lakes, with its lofty surroundings and scenic charms, during the Summer holidays, yet the Winter concourse has reached a number commanding attention through the organisation of First Class, as well as smaller, Sport Centres.

Chief among these perhaps, is the high valley of Engelberg with its sporting arrangements, in every way, of the best.

The mass of the Gotthard, offers a ski territory par excellence, having the Winter sport centres of Andermatt, Airolo and Göschenen. A further excellent district for ski-runners is to be met with at Melchtal-Frutt. The Rigi too, attracts to its slopes more and more ski-runners, who also may be met with in the subalpine regions of the Zugerberg, Gottschalkenberg, Einsiedeln and at Etzel.

It is scarcely necessary to say, that the district, which is able in Summer to take such an immense number of visitors, offers its guests in Winter, accommodation to satisfy every demand. And for him who goes further, and wishes luxurious comfort and fashionable society, the district of Central Switzerland,

and especially, as was mentioned before, Engelberg, will meet his wishes.

Access and Railway Communications.

The means of access to the heart of Switzerland, are manifold including the network of rail and roads that concentrate at Lucerne as below.

From Basel, via Olten, or from Singen-Schaffhausen via Zurich. From Lucerne, the Gotthard railway takes the traveller, by an extremely interesting journey, to the Gotthard group (Göschenen, Andermatt, Airolo). The grand position of the double lined railway and its views of the wild, romantic, high mountain world are too well known to be described here.

The journey from Lucerne to Engelberg, requires a trip of 1 hr. in the steamer, on the lake to Alpnachstad. From here the 23 km (13½ m) long, electric railway Stanstad-Engelberg transports travellers, in elegant, comfortable carriages, first through charming meadow-land, in order to enter, at Wolfenschiessen into the bold garland of rocky mountains, and to guide the traveller finally, into the glory of the landscape pictures of Engelberg.

The Brünig railway (Lucerne-Meiringen), meets the Winter traffic in Central Switzerland, as far as its station Sarnen in the Melch valley. It includes beside, a great number of most remunerative ski-excursions, and it depends, probably, on the more or less, extensive spread of ski-ing, whether the Brünig railway and the Kurhaus on the height of its pass, entertain a considerably increased number of visitors.

A characteristic charm is given by the arrangements for the journey to the Rigi. After the journey across the ice cold waves of the lake of Lucerne, to the valley station of Vitznau, comes the convenient mountain climb, in the comfortable, heated carriages of the cog wheel railway Vitznau-Rigi.

The magnificent views, from the whole stretch of line are world renowned.

A further share in the Winter sport traffic is taken by the Südost railway which in Winter carries to Einsiedeln, instead of the chanting pilgrim, with his book of devotions, the Winter-sportsman with his implements. It brings about the

In the Engelberg Valley. Phot. Rupp, Meiringen.

View from Etzel.

the S. O. B. railway offers welcome transport, and favourable opportunities for return.

Sport.

Toboggan runs: On the North side from Etzel pass to Pfäffikon (S. O. B. station) 4 km, and from Schindellegi via Wollerau to Richterswil, 4 km. On the South side of the pass to the Teufelsbrücke, 1 km.

Bobsleigh run: Schindellegi-Pfäffikon, 6 km.

Ski-sport: District above Feusisberg.

Club: Sport Society of the Etzel.

Gottschalkenberg.

1209 mt (4030 ft) above sea level.

From the station Biberbrücke of the S. E. Railway (from Zürich to Wädenswil by rail, or boat), the high plateau of Gottschalkenberg is reached in about 1½ hours; a place already in high favour with ski-runners. On the forest free heights, one enjoys a grand view of the Ageri Valley, the Zug country, the Zurich Lake and the Alpine wreath of the Savoy Alps as far as the Säntis.

Quite different from one another, are each of the three descents, which may be made into the valley — to Ober-Aegeri, to Richterswil or to Menzingen. The proprietors of the Kurhaus, which offers comfortable accommodation, do not limit themselves to Ski-sport, but install toboggan runs on the numerous roads with more or less steep descents, as well as an Ice rink. For this reason Gottschalkenberg has soon become popular, to which also the fog free situation and the long sunshine have greatly contributed.

Sport.

Toboggan Runs: On the road in the valley.

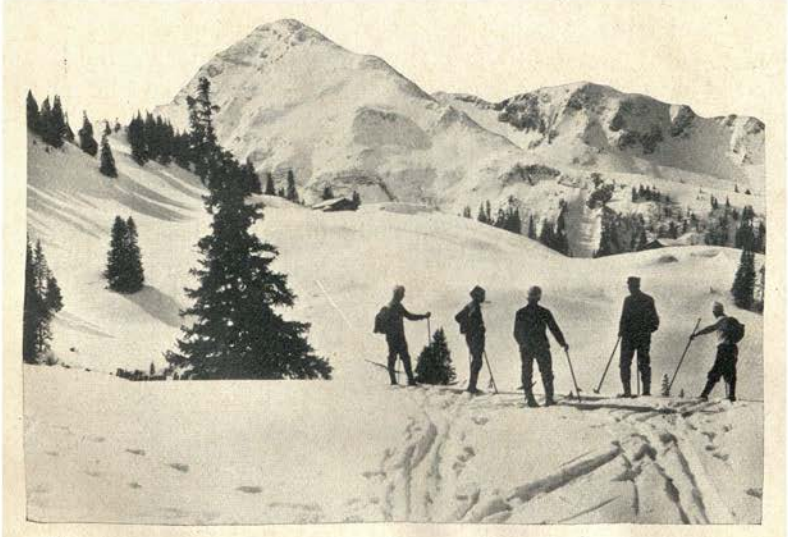
Ski Sport: Extensive practising and touring districts especially to be recommended for beginners.

Ice Sport: An Ice Rink. Curling.

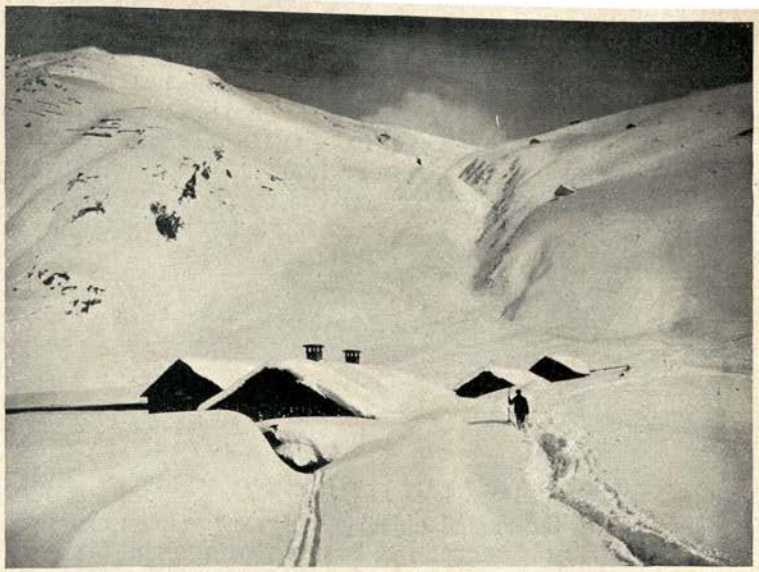
Einsiedeln.

860 mt (2818 ft) above sea level.

Einsiedeln, the famed object of pilgrimage is an excellent fixed point for ski-runners. It is the starting point for many Ski-tours among others to the Freiherrenberg, where a newly



Touring.



Snowed up Huts. Phot. Wehrli.

installed Jumping-hill is to be found, and to the Tritt where a Ski-hut offers accommodation and provision. The surrounding district is one of the best in Switzerland and has already been tested, by great races being held there. Tailing parties to the Etzel are undertaken from Einsiedeln. Winter tours on foot to Jberg-Alp Valley and via the Katzenstrick to Rotenturm. Lastly it is the starting point for magnificent Ski-tours to the Hochstuckli (1566 mt) and down to Sattel (827 mt) a station of the S. O. B. One reaches Einsiedeln station in 1 1/2 hours from Zurich and in 2 hours from Lucerne via Arth Goldau.

Sport.

Toboggan run: On the Freiherrenberg, 1,5 km.

Ski-sport: Excellent Touring districts among others: Brühl (small Jumping hill) 10 min. Vogelherd-Eselmatte-Freiherrenberg 1/4 to 1/2 hr. Wäni-Kählen-Wäniberg-Oberberg 1/4—1/2 hr. (Toboggan run). Wäni - Kählen - Wäniberg - Obergross - Gross 1/2—3/4 hrs. Schnabelsberg - Bennau - Biberbrücke 1/3—2/3 hr. Katzenstrick - Brunnern - Bennau or Altmath 2/3—1 hr. Wäni-

Kählen-Kühweg-Tritt 1½ hr. Listed Ski hut there marked path Tritt-Kleine Amsel, Grosser Amsel and surrounding country 1½ hr. further. Birchli-Gross-Amsel Valley-Regenegg-Spital-Bögliegg and surrounding country about 3½ hrs. There is found Straubig hut a cooking place with fountain.
Birchli-Gross-Amsel Valley-Regenegg-Unteriberg about 3½ hrs. Gross-Eu Valley-Obereu Valley-Krummfluh-Kleinauberg-Trossenhöhe-Fluh and surroundings 4—5 hrs. Willerzell-Sonnberg-Schönenboden-Etzel and surroundings about 3½ hrs. Gross-Eu Valley-Studen-*Fläschli* Pass-Inner Valley and surroundings about 5 hrs. Trachslau-Ruchegg and Rotenturm neighbourhood about 2½ hrs. Trachslau-Alp Valley-Furgellen Pass and Oberiberg neighbourhood about 4½ hrs. Trachslau-Alp Valley-Brunni-Hackenegg and Schwyz neighbourhood about 5 hrs. Trachslau-Alp Valley-Brunni-Holzegg and Schwyz neighbourhood about 5 hrs. Trachslau-Alp Valley-Brunni-Hackenegg-Hochstuckli and Sattel neighbourhood about 5½ hrs. Katzenstrick-Altmatt-Ratenhöhe-St. Jost-Oberägeri about 6 hrs.

Ice sport: On two neighbouring ponds.

Tailing parties: From the village to Etzel, arranged by the Information Society.

Clubs and Societies: Einsiedeln Ski-club. Improvement Society with Information office.

The Rigi.

1433 mt (4688 ft) above sea level.

Rigi, the "Queen of the mountains", seeks for herself a place in the favour that the Winter sunshine gives to its faithful friends. This has been made easy, since the Vitznau-Rigi Railway now climbs up it in Winter, at least as far as Rigi-Kaltbad station, From Lucerne by boat, as far as Vitznau, and from there on the mountain railway, and you are out of the fog on the free sunlit heights.

And indeed the Rigi must become a popular place for Winter guests.

The Rigiberg is well known as an excellent Winter Sports Centre for Ski runner, Tobogganer and skater and also as a Winter Resort. It is distinguished by its well known magnificent views, abundant sunshine. Extraordinarily favorable Ski-district and excellent accommodation in the Hotels.

Competitions in Skating, Curling and Bandy besides Tobogganand Bobsleigh races as well as Ice festivals give variety to the Sporting and Social life.

Sport.

Toboggan runs: Short run on the Firstpath, 0,6 km. — Staffelhöhe-Kaltbad, 1 km. — Kaltbad-Felsentor, 1,5 km. — Road Kaltbad-Weggis, 7 km.

Bobsleigh run: Staffelhöhe-Kaltbad, 1 km.

Ski-sport: Excellent practising district. Jumping hills. Beautiful tours, rich in views; among others to Staffel (1594 mt), Kulm (1800 mt), Rotstock (1664 mt), First (1462 mt), Schild, (1551 mt), Dossen (1689 mt) etc.

Ice sport: Two rinks near Rigi-Kaltbad.

Club: Rigi Ski-Club.

Engelberg.

1023 mt (3351 ft) above sea level.

Engelberg, one of the first Swiss Winter Health Resorts, lies in a high and dry valley of the same name, above the lake. One arrives at it from Lucerne, in a 2 hours journey of the greatest diversity, starting by boat to Stansstaad and going thence by electric train Stansstaad-Engelberg.

The high valley of Engelberg is able to possess, in its important high situation, all the advantages of Winter, without the detriments that are bound up with it in lower regions at this time of the year: damp and fog. Sheltered from the rough winds, by its encircling wreath of mountains, it has a Winter climate with approximately little fluctuation of temperature. The greatest cold is about 15 - 20° F. below zero, but this is not so noticeable as it appears to the inhabitants of towns in the lowlands, as the air is so quiet and dry. It is only the mornings and evenings which are especially cold.

The great advantage of the high mountain Winter is its few clouds, when, however, the snow falls, it does so heavily and continuously. Up to March, snow forms a cover on the land of half a man's height, and so the months in Engelberg allow unbroken opportunities for the sporting pleasures of the Winter.

The pleasures and sports in the open, are manifold. On a great ice rink, that lies in the immediate neighbourhood of the hotels and village, evolve the different ice games. Rackets and tennis speed over the flat surface, ladies and gentlemen zealously pursue Bandy and Curling.

Engelberg with the Hahnen and Spannörter.

Tobogganing is almost as much cultivated as the sports of the ice rink. It is served with well kept runs of smoothed snow. Of these, one lies close by the village, another is situated in the Horbis valley, and on the road that stretches from Engelberg down to Obermatt. These runs have the great advantage, that after a long and delightful trip on toboggan, skeleton or bobsleigh into the depth of the Engelberg valley, by means of the electric train one can arrive again up at Engelberg without fatigue.

With these sports, vies the growing vogue of ski-ing, for which Engelberg, with its many gentle as well as steep slopes, offers an extraordinary wealth of opportunities. The beginner uses the meadow slopes, behind the village, while the expert ski-runner undertakes one of the many longer mountain climbs. Visits to the Trüb lake, or Engstlenalp, or right to the Titlis on ski are not unusual.

To the excitement of the sports, must be added, in a Winter residence, the pleasures in the Hotels, comfortably warmed

from the ground floor to the roof, which serve the Winter visitors. The evenings and snowy days are filled up by social life, and in varied order, follow each other, concerts, dances, theatrical performances and other entertainments.

The Winter society of the high valley, consists partly of the friends of sport, youth of all countries partly of those really seeking change and relaxation, after the strain of life and of others with nervous diseases or who have overworked themselves. It is exactly for these that a stay in Engelberg is most warmly to be recommended.

Sport.

Toboggan runs: Kurverein Run, 0,5 km. — Horbis road 1,2 km. — Road to Grafenort 4 km. — Special run for beginners and children.

Bobsleigh run: Road to Grafenort 4 km. — Start and finish connected by telephone.

Skeleton run: Ice run 0,7 km. (Time taken automatically by electric clock.)

Ski-sport: Excellent practising districts; jumping hills; many tours, among others the following day tours: Gerschnialp, Arnialp, Herrenrüti, Obhag, Trübseealp (with hut 1800 mt) High tours: Titlis, Urirotstock, Tödi Pass, Surenen Pass, Julier Pass.

Ice sport: 3 rinks in the place. Bandy and Curling. Concerts.

Clubs and Societies: Winter Development Society. — Sport club. — Toboggan and Bobsleigh club. — Skeleton club. — Bandy and curling club of the Hotel Cattani. — Skating club of the Hotel Cattani.

Accommodation.

Hotel Pension Alpina. — Pension from 7 fr.

Hotels Cattani. — First class. Modern comfort.

Hotel Central. — Newly built house. Modern arrangements. Electric light. Moderate prices. Prop. Jos. Stohr.

Terrace Palace Hotel. — Prop. G. Fassbind.

The electric Railway Stansstad-Engelberg in Winter. Even ten years ago it was generally believed impossible to work a cog-wheel railway in Winter. The traffic disturbance, owing to the icing of the rack-rails was feared and to keep a railway track free at an altitude of 3300 feet a. S., where heavy snow-falls and drifts are frequent, was considered very difficult and very costly. Yet the trials instituted by the railway management were crowned with success and already during the first working year the Winter time-table could be carried through to Engelberg, while according to the concession, the trains from November 1.—April 1., would only have had to run from Stansstad to Grafenort. Only after this Winter railway service was assured, was it possible to think of successfully introducing Wintersport at Engelberg, to which its exceptionally favourable position so admirably adapts it. The ever increasing number of Winter guests at Engelberg best prove the wisdom of the venture.

As already mentioned in another place, the railway has, besides its regular traffic, to provide the extra trains to meet the daily sport fixtures on the nearly 3 miles long toboggan and bobsleigh run on the road to Grafenort and to carry the Engelberg participants to the start and back again from their goals. This enables sportsmen to make several runs on the same afternoon. Thus the electric Winter line Stansstad-Engelberg contributes largely to the fostering of sporting life at Engelberg.

St. Niklausen-Melchtal.

894 mt (2931 ft) above sea level.

The charming Melchtal in the Canton Obwalden (a division of Unterwalden), lying amidst romantic surroundings, near the station Sarnen (post communication) of the Brünig railway, has now linked itself to the Wintersport places.

Two hotels give good accommodation, where also sport implements, and horse sleighs may be hired.

Sport.

Toboggan runs: Runs of 1—2 km long.

Ski-sport: Excellent ski-territory, especially on the high plateau Melchsee-Frutt, 3 hrs. from Melch valley, with accommodation in Kurhaus Frutt 1919 mt (6332 ft).

Göschenen.

1100 mt (3667 ft) above sea level.

Göschenen, (station of the Gotthard railway) is the starting point for excursions in the district of the St. Gotthard group. These many limbed heights with their extensive, forest free slopes, valleys and peaks, are eminently suitable for the ski-runner. The place offers to those seeking change an agreeable stay, during which walks may be undertaken in the magnificent snow district, as far as the Gotthard Alp.

Sport.

Toboggan run: On the road to Wassen.

Ski-sport: Rich touring tract in the St. Gotthard district, especially Göscheneralp, Wassen, Amsteg, Andermatt etc.

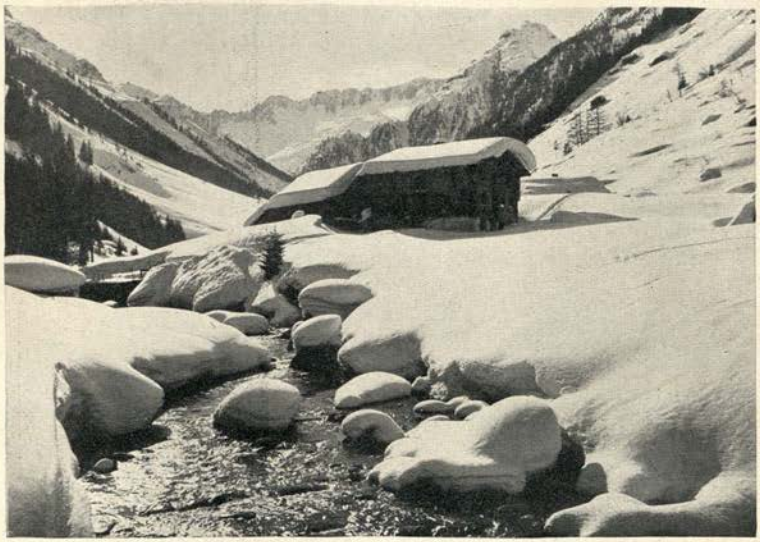
Ice sport: Ice rink in the place.

Club: Ski-Club Göschenen.

Andermatt.

1444 mt (4724 ft) above sea.

From Göschenen on the Gotthard railway, the post makes an hour's run three times daily to the Winter sport centre of Andermatt in the Ursern Valley. Here, not only in Summer are there charming landscape views, but also in Winter, the outlook is one of special beauty. Andermatt, is greatly valued as a Winter Health Resort (except for lung patients) and also as a Sport Centre. Abundant sunshine, and good paths make Andermatt a pleasant residence. The place is a great military



The Göschener-Alp-Reuss. Phot. Wehrli.

station, owning, in the immediate neighbourhood, great fortifications towards the South in order effectively to protect the Gotthard, Furka and Oberalp passes, all of which meet here.

Ski-runners highly value the very excellent ski-district on the heights of the Gotthard group, and the well organised Gotthard ski-club, has compiled a list of 33 of the most compensating tours, for ascending and descending. The ground also admits of skikjöring, skating, bandy toboggan and bobsleigh races, remaining in excellent condition.

Accommodation is catered for by a number of well arranged Hotels.

With regard to entertainments in Winter chief of all are the ski competitions and races of the ski-club. Toboggan races and bandy matches bring a pleasant variation into the sporting life.

Sport.

Toboggan runs:

1. Oberalp road, 3 km.
2. Run from the Danioths Grand Hotel, 2½ km.
3. Smaller runs in the neighbourhood on the mountain roads.

Bobsleigh runs: Run of the Andermatt Bobsleigh club, 2,5 km.
Ski-sport: Magnificent practising districts with remunerative tours.

Short tours.

Short Tours: Tristlen-Waldegg-Hospen Valley (1 hr.), return on the high road with toboggan or Skikjöring, are as follows: — Hospen Valley-Tennlen-Andermatt (1¼ hr.). Mariahilf-Gurschen-Ravine. Mariahilf-Tristlen Piz Belcadère. Oberalp-Calmot (1 day). Gütsch-Grossboden-Oberalp (1 day). Hospen Valley-Gotthard Hospice (½—1 day). Gurschenalp (½ day). Skikjöring to Realp (½ day). Schollenen.

Longer tours.

Longer Tours: Oberalp-Fellilücke-Gurtnellen (1 day). Oberalp-Quolm-Val Sedrun (4 to 5 days). Oberalp-Tschamut-Sedrun. Oberalp-Disentis-Lukmanier-Airolo (2 days). Oberalp-Brunni Pass-Maderan Valley (1½—2 days). Oberalp-Brunni Pass-Disentis (1½—2 days). Unteralp-Maigels Pass-Oberalp (Stiff day's tour). Unteralp-Guspis Valley-Hospen Valley (1 day). Unteralp-Sella Pass-Gotthard Hospiz (1 day). Airolo-Hospen Valley (1 day). Andermatt-Hospiz-Pizzo-Centrale 3003 mt (1 day). Hospiz-Monte Prosa 2738 mt. Hospiz-Fippia 2742 mt. Lucendro Lake-Eisenmannalp (1 day). Hospiz-Piz Lucendro 2959 mt. Realp-Lecki Pass 2912 mt (stiff day's tour). Realp-Furka Pass. Furka-Nägelisgrätli-Grimsel. Furka-Galenstock 3597 mt. Furka-Dammastock 3633 mt. Furka-Tierberg-Realp. Gotthard Hospice-Furka Pass. Airolo-Bedretto-Blindenhorn 3384 mt.

Before undertaking a tour, one should never omit to enquire at the ski-club about the danger of avalanches, snow conditions etc.
Ice sport: Ice rink by Danioths Grand Hotel, 3000 m². — Ice rink of the Grand Hotel Bellevue-Monopol, 2000 m². — Special places for Bandy and Curling.
Clubs and Societies: Gotthard ski-club, Andermatt Bobsleigh club. Improvement Society.

Accommodation.

Hotel Bellevue. — 145 Beds. Modern comfort. Central heating.

Airolo.

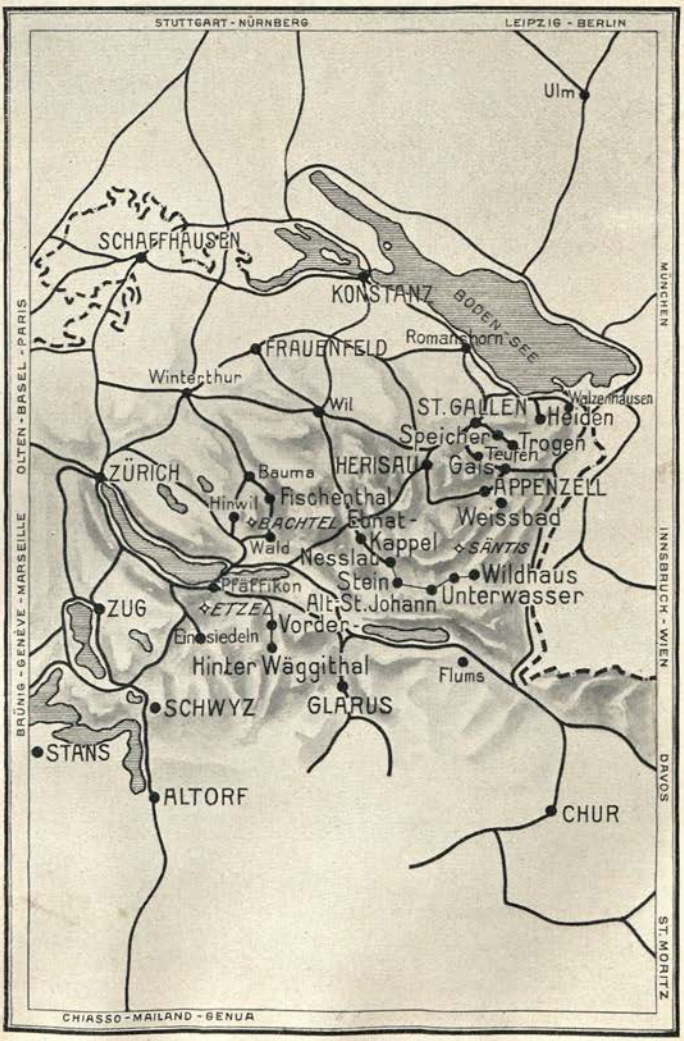
1179 mt (3865 ft) above sea.

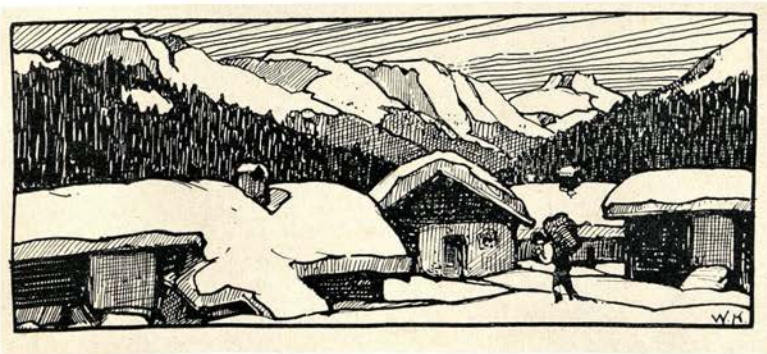
Airolo, a station of the Gotthard line at the S. exit of the tunnel in the midst of a magnificent landscape is a well known air cure Resort, and in Winter a fixed Centre for ski-runners to undertake tours in the extremely suitable district of the St. Gotthard group. Tobogganers can use the Gotthard road as a toboggan run.

Phot. Wehrli

Andermatt

North-east Switzerland.





VI.

In North East Switzerland.

The East of Switzerland has two Winter sport districts, in Toggenburg and in Appenzell; which, particularly by ski-runners, are increasingly esteemed. In neither district are there to be found fashionable Wintersport places, or Health Resorts, such as Graubünden and the Bernese Oberland have to show. But, however, the sub-alpine heights were quite soon acknowledged by prominent sportsmen, as a very excellent ski-district. Only with regard to this standpoint can we consider East Switzerland in this book as an excellent Winter region and mention its Winter sports in a concise way.

On Toggenburg, Herr C. Bohl who knows it as well in Winter as Summer has written thus:

"The most repaying Wintersport district, begins in the upper Toggenburg. There one knows no Winter of scanty snow, no damp, foggy air. Though we very often read extreme cold marked on the thermometer, we do not find it so terrible; as it is dry and still, a glorious clear sky usually arches over us; and millions of tiny snow crystals sparkle in the laughing sunshine.

Not only can the ski-sport be carried out in the Toggenburg, to the enjoyment of its enthusiasts, but a charming variation is offered to the ski-runner by skikjöring; flying through the beautiful valley with fiery steeds. On swift Davos toboggans, we see young and old whizzing past the turns of the many

mountain roads into the valley, and the tinkle of a merry sleighing party tones gaily in our ears."

And then further there is the Appenzell district, how idyllic and in what majestic peace, lie the neat villages in the white land! The excursions into the district of the Alpstein are among the most interesting. It is quite an ideal starting point. This, the section St. Gallen, of the S. A. C. has shown, by deciding on the errection of a skihut on the Fähnern (1420 mt = 4544 ft high, two hours from the station of Appenzell). The position of the hut is exceptionnally good; in the centre of practising fields, of the most diverse configuration. From it, several tours may be taken, which are among the best of their kind.

In the St. Gallen Oberland, Winter Sport has likewise been instituted. On the line Zurich-Chur within 2 hrs., and on Rorschach-Chur in 1½ hrs., we reach the mountain country lying S. of the Walensee (Lake) so peculiarly suitable for the Ski and Toboggan sport. Flums and the Flums mountains are well known as a pleasant Winter Sport District.

Gais, Trogen and Heiden, always enjoy great popularity. These places also have favourable ski-territories and a continuously animated sporting season, in which both residents and visitors take part.

Glarus, reached in 1½ hours from Zurich, is an excellent Winter centre, and the beauty of its neighbourhood the wintry Glarnerland, far too little known.

In the Wäggi valley it appears, that Wintersport is being greatly adopted by the residents. The Kurhaus and Bad there, belonging to the town of Zurich, offer pleasant accommodation, and look after the sporting facilities. The sleigh rides (starting from the stations of Lachen or Siebnen of the Zurich lake railway on the left bank) through the valley to the Kurhaus should be specially mentioned. The Kurhaus lies in the centre of an excellent ski-territory in a district rich in sun, and entirely free from fog.

Last but not least — Zurich, with the Etzel and the Oberland, belongs to the Winter sport districts of East Switzerland. It offers, in Winter, to-day, not only its city entertainments, but opportunities both for the inhabitants and visitors to

enjoy the pleasures of Winter with all its sports, either in the immediate neighbourhood, or out in the country.

Access and Railway communications.

Zurich is the chief junction of the international lines running through Switzerland. From it, lines of the Federal railway run to the Etzel district, the St. Gallen Oberland, the Zurich Oberland, via Winterthur-Wil to the Toggenburg, to Appenzell, and to Glarus. Winter sport, in Zurich itself, is catered for by the Dolder funicular, which, in a few minutes, carries the friends of Winter nature up, from the streets and lanes of the town, to the toboggan runs and ski-fields on the fresh heights of the Dolder.

The Winter sport places of Appenzell are opened up by some small lines. Thus a tramway runs from St. Gallen via Gais to Appenzell (from there by post to Weissbad), a narrow gauge line, goes from the Federal station of Winkeln via Herisau also to Appenzell. Further, St. Gallen is the starting point of the tramway to Trogen. From Rorschach also, a highly interesting electric cogwheel-railway runs to Heiden.

All these lines make about the same concessions for Winter-sports people — such as free transport of ski and small toboggans (bobsleighs not included), subscription tickets being also supplied.

Zurich and Neighbourhood.

Zurich the largest town of Switzerland, and the most prominent junction for all international lines of traffic, is not only the junction for the Winter-sport places of central Switzerland, the Bernese Oberland and Graubünden, but is also the best starting point for the near Winter stations of the Zurich Oberland, the Zugerberg, the Rigi, the Gottschalkenberg, the Etzel, the St. Gallen Oberland etc.

Wintersport, finds its cultivation in Zurich from inhabitants and visitors in the immediate neighbourhood, as far as the territory and snow conditions will allow. The slopes of the Zurichberg, near the Dolder, are not only suitable practice fields for ski-lovers close at hand, above them, in Winter, a lively multitude continually excercise themselves — old and young — travel on a right interesting toboggan run, putting in many places high demands on the skill of the guider.

The Dolder Toboggan-run. Phot. Wehrli.

The Sihl valley railway carries ski-runners, in about half an hour, into the ski-district of Albis, from which also a magnificent toboggan run leads down to the station Langnau. Etzel near by (959 mt = 3144 ft), (from Zurich to Pfäffikon station in $^3/_4$ hour), is a much visited ski-territory, and from its heights 4 km long toboggan runs stretch to the valley. Zurich can well be used also as fixed quarters for Winter visitors to the Zurich Oberland. In this way one unites the pleasure of a Winter country life with the recreations of a large town.

The greatest sporting interest laid claim to by a town population like Zurich, is skating, for which a beautiful rink is made near Belvoir, above Rüschlikon (station of the steamboats and also of the railway on the left bank of the lake, 30 minutes from Zurich) and another near Oerlikon, a stopping place of the trams from Leonhardsplatz.

The following table gives the distances to some of the near Winter sport centres from Zurich:

In the districts of the S. E. railway, Etzel about 1 hour. In

the district of the Zurich Oberland about 1 hour. Zug and Zugerberg about 1½ hours. Einsiedeln about 1½ hours. Gottschalkenberg about 1½ hours. Rigi about 2¼ hours. Engelberg about 4 hours.

Accommodation.

Elite Hotel, Bahnhofstr. 41. — Mod. comfort, hot and cold water in all rooms. 140 beds from fr. 3.50. Room with bath from fr. 7.—. Grand Café-Restaurant. Telegrams: Elitehotel Zurich. Electr. Motor at the station.

Hotel St. Gotthard. — Modern, rebuilt, up-do-date Hotel. 200 beds. Finely situated in the very centre of Zurich, on the main street and within a block of the main railway station. New French Restaurant and grand Café-Restaurant.

Family- and Guests-Pension Dolderburg. — Family-house of first rank, near the Dolderpark (Zurichberg). Latest comfort, quiet dustless situation. Wonderfull view of Lake and Alps.

Hotel Pension Tiefenau, Steinwiesstr. 8. — Tramway No. 3 and 9. Quiet situation near the lake, theatre and art-museum. A day from fr. 6.50. Prop. G. Franz.

The Zurich Oberland.

The district between Bauma and Wald, and their neighbourhood in the S. E. of Canton Zurich, is called the Zurich Oberland. The ski-lovers of the near towns of Zurich and Winterthur, have very soon found the Oberland, in the configuration of its country, to be an excellent ski-district; and have chosen the heights Pooalp, Fahrner, Batzberg, Bachtel, Hulftegg, Strahlegg etc. as their exercising grounds. Also the active Improvement Society knows how to value these Winter guests and make their stay pleasant. So now the Gasthofs of the Oberland places of Turbental, Bauma, Fischental, Gibswil, Wald, Hinvil, Rüti are all comfortable in Winter and the mountain inns also keep open doors.

In the Zurich Oberland, there are rich opportunities offered for tobogganing, on roads which run from the heights into the valleys, as well as on natural runs.

In Winter every year on almost every Sunday, sporting fixtures are carried out, be they now sociable ski-excursions, now running matches or jumping matches at the Batzberg jumping hill or toboggan races and the like. Concerning these, the Friday numbers of the Zurich and Winterthur daily papers, give due notice.

Glarus.

481 mt (1576 ft) above sea level.

Glarus, certainly one of the lowest Winter sport places of Switzerland, has already fostered ski-ing for many years, great competitions being formerly held here. As the district cannot have changed, if the place has lost in the number of its visitors this is due to other reasons than unsuitability. Glarus is very beautifully situated, the defiantly ascending Vorder-Glärnisch, in the back ground, gives to the handsome village an interesting impression, and striking appearance.

The place maintains a toboggan run, and an ice rink, the latter also being found at Mollis and Niederurnen.

Sport.

Toboggan run: A run in the neighbourhood.

Ski-sport: Rich practising and touring districts among others: Glarus-Klöntal-Richisau-Pragelpass-Muottatal. Glarus-Klöntal-Oberlängenegg-Obersee-Näfels. Glarus-Ennetberg-Fronalp-Plattenalp-Mürtschenalp-Robmen-Merenalp-Obstalden. Mollis-Mullern-Filzbach. Niederurnen-Hädiloch-Feldräderligrat-Siebnen. Engi-Mühlebachtal-Auf den Kämmen-Spitzmeilen Hut-Flums. Matt-Krauchtal-Schönbühlpass-Spitzmeilen Hut-Flums. Diesbach-Schönau-Anenberg-Schwanden. Linthal-Braunwald-Braunalpelihöhe-Dreckloch-Klöntal-Glarus. Linthal-Braunwald-Kneugrat-Bösbächialp-Luchsingen. Linthal-Altenorenalp-Claridenhütte-Claridenstock and back. Linthal-Altenorenalp-Claridenhütte-Claridenfirn-Planura-Sandgrat-Alp Rusein-Disentis. Glarus-Sackberg-Klöntal-Glarus. Näfels-Obersee-Rautialp-Rautispitz and back.

Ice sport: Ice rink in the place as also in Mollis and Niederurnen.

Club and Societies: Glarus ski club, Improvement Society with Information Office.

St. Gallen Oberland.

The St. Gallen Oberland extends on the South from the Walensee (Lake). This mountain land, so varied and rich in landscape beauties, attains its highest point (2849 mt) in the Grauen Hörnern. The Spitzmeilen (2505 mt, with club hut) district is particularly well known and esteemed as an ideal Ski-ing country. From Zurich the train Zurich-Chur reaches the district in 2 hrs., while from Lake Constance the train Rorschach-Chur takes 1 1/2 hrs.

Repose in the St. Gallen mountains.

Flums.

1400 mt (4580 ft) above sea level.

The handsome village of Flums lying on the railway route Zurich-Chur is suitable as a starting point for the Spitzmeilen district so excellent for Ski-runners. On the Spitzmeilen the Club Hut is arranged with accommodation for Winter Sport being accessible from Flums in 5—6 hrs. without any danger. Around are Ski-districts extending for an hour in width and on all sides there is great choice of enjoyable places. Any enquiries are answered at the Information Office.

Above Flums (Station of the S. B. B.) in the first place is the Flumserberg which offers to the Ski runner practising fields and a number of the finest tours. In the same way the tobogganers finds the most abundant opportunities to do homage to Winter Sport. — Several suitable furnished Hotels cater for a pleasant residence.

Accommodation.

Kurhaus Oberberg above Flums. — Directly at the Ski-station point Spitzmeilen-Flums. Central heating. Prop. J. Mullis.

Kurhaus Tannenboden above Flums. — Magnificent Ski-fields in the neighbourhood. Nearest way to Spitzmeilen.

St. Gallen.

669 mt (2193 ft) above sea level.

The old-time Monastic and Abbey town, to-day the centre of the St. Gallen embroidery industry numbers with its suburbs some 78,000 inhabitants. It lies embedded between two ridges to the N. the Rosenberg, to the S. the Berneck and the Freudenberg. These gently ascending heights offer glorious views of the far stretching town, over the Lake of Constance and of the Santis group. St. Gallen lies on the main line Constance (Romanshorn and Rorschach) to Zurich with which it has express train connection.

As a starting point in the Ski-district of Appenzell (Santis neighbourhood), St. Gallen is extremely suitable since several lines run thence into the neighbouring Sporting country. With the Tram the district of Trogen in reached within an hour. Lovers of Ski or Toboggan Sport, arrive by another tramway in $1^1/_4$ hr at Appenzell, in 1 hr at Gais (Gäbris district via Trogen), via Herisau at Urnasch in the Krazerli district at the foot of the Santis.

For Ice and Toboggan sport, St. Gallen offers the richest opportunities. In Bruggen there is an extensive Ice surface of 14,000 mt² ($3^1/_2$ acres) which can be reached in $^1/_4$ hr by tram. For Tobogganing beautiful runs are installed from the Rosenberg townwards and to the N., and from Berneck townwards. An excellent Bobsleigh run leads from Vögelisegg-Speicher to the town ($^1/_2$ hr with the tram St. Gallen-Trogen).

Stirring intellectual and social life make a residence in St. Gallen very pleasant. Museum and collections, the renowned Monastic Library, Theatre and Concerts cater for the intellect and entertainment.

Sport.

Toboggan runs: St. George Rd. 1 km, Zwingli Rd. 1 km, Joos-Rüti Rd. $1^1/_2$ km.

Bobsleigh run: On the road Speicher-St. Gallen 3 km.

Ski-sport: Practising field in the "Brand" in the immediate neighbourhood of the town. "Birt" as far as Vogelisegg-Gabris, Krazerli, Toggenburg.

Ice-sport: Bruggen Ice rink 14000 mt² ($3^1/_2$ acres).

Accommodation.

Hotel Walhalla-Terminus. — The first class Hotel. R. Mader.

Appenzell.

778 mt (2615 ft) above sea level.

Appenzell is reached by train from St. Gallen via Gais in 1½ hrs. or from Winkeln (station of the Federal Railway) via Herisau on the narrow gauge railway in 1½ hrs. The large village of Appenzell is valued in Winter as a residence for Health requirements and purposes of Sport, especially as regards the tours in the Voralpine heights. Accessible in 2 hrs. the Fähnern Ski-hut stands at a height of 1420 mt (4645 ft). The Improvement Society has arranged toboggan runs for the use of the visitors to Appenzell. On the Schwägalp, at the N. foot of the Santis Peak extends an excellent ski district where Ski-races are held every Winter.

Sport.

Toboggan Runs: Engst-Weissbad 2 km, Fähnern-Steinegg 2 km.

Ski-Sport: Practising district by the Village. Fähnern Ski Hut 1420 mt. Plenty of 2 hr tours among others-Weissbad-Säntis Lake, Fähnern-Steinegg, Solt Brüllisau, Hoherkasten, Lower Kamoralp etc.

Ice-Sport: On the Seealp Lake.

Clubs and Societies: Appenzell Sport Club: Improvement Society with Information Office.

Weissbad.

820 mt (2688 ft) above sea level.

Weissbad lies at ¾ hr. distance from Appenzell in the trough of a valley sheltered from the wind. It is the starting point for all ski tours in the Alpstein district, Hoherkasten and Kamor, Säntiseralp, Fahlen Lake, Meglisalp etc. The toboggan runs Engst to Weissbad, and from Fähnern to Steinegg are each 2 km (1½ m) long.

Gais.

938 mt (3075 ft) above sea level.

Gais lies in the midst of extensive snow fields, on the tramway route St. Gallen-Appenzell, and offers a magnificent view of the Säntis chain. Of the many ski tours that on the Gäbris 1250 mt (4098 ft) is exceedingly well known. The abundant toboggan runs and an ice rink, as well as suitable ski-fields allow of Winter Sport of all kinds.

Trogen-Speicher.

905 mt (2967 ft) above sea level.

Trogen, the chief place of Appenzell-Ausserrhoden, the terminus of St. Gallen-Trogen tramway, lies in the midst of a beautiful ski-district. On the Birt, above Vögelinsegg, where jumping hills are erected, ski lovers find opportunity for practice. Experts find remunerative high tours in the Alpstein district. The trams carry Skis and toboggans free.

Sport.

Toboggan run: Weissegg-Trogen 2 km.

Ski-sport: Neighbourhood around Birt (beautiful descent). Gabris-Trogen. Tours: Trogen-Gäbris-Saurücken-Landmarch-Trogen. Trogen-Landmarch-St. Anton-Heiden-Kaien-Wald-Trogen. Trogen-Fähnern-Appenzell.

Clubs: Trogen Ski-Club. Improvement Society.

Teufen.

840 mt (2753 ft) above sea level.

In the middle of Appenzell traversed by three grand lines of hills the narrow gauge rail ascends from St. Gall in half an hour to the smart industrial village of Teufen (4830 inhabitants) which lies sheltered from wind and free from fog on a sunny mountain slope surrounded by extensive ski fields. The neighbourhood is rich in remunerative Ski tours, the toboggan likewise is offered good opportunities for Sport, of which the students of the Teufen Girls' Upper School largely avail themselves. Magnificent is the outlook on the far stretching Alpstein Chain from this village, well known in virtue of its mild climate and pure air as a Summer Health Resort.

Sport.

Toboggan runs: Egg Rd. 1½ km, Schwanen Rd.2 hrs.

Bobsleigh run: Schwanen Rd. 2 hrs.

Ski-sport: Practising district with longer and shorter tours.

Ice sport: An Ice rink in the village.

Heiden.

810 mt (2655 ft) above sea level.

From the Federal station Rorschach, on the Lake of Constance, an electric railway runs up to the famous Air Cure

Resort of Heiden, on the North East plateau of the Appenzell Voralps. A great number of tours, and excellent practising country distinguish this Winter Sport Centre.

Walzenhausen.

682 mt (2235 ft) above sea level.

The Health Resort, Walzenhausen, connected with Rheineck by a funicular, invites the ski-runner to an advantageous practising district, and beautiful tours, in the near Appenzell mountains. Several good runs await the tobogganers. In addition, one enjoys a magnificent view, over the Lake of Constance, into the Rhine valley, and of the Vorarlberg and the Bavarian Alps.

Toggenburg.

Nesslau.

766 mt (2550 ft) above sea level.

The Winter sport place Nesslau, is at a station of the Federal line Wil-Nesslau which is crossed by the line Lake of Constance-Toggenburg. Nesslau is suitable for a fixed quarter for several magnificent tours.

Ski competitions are arranged annually in Nesslau by the Ski Club.

Stein.

860 mt (2864 ft) above sea level.

The open meadows, which surround the village of Stein form a magnificent practising district; for which reason there take place, here, every year, ski races, arranged by the Stein ski-club, as also by the military. There are numerous day tours.

Alt St. Johann.

920 mt (3017 ft) above sea level.

This pleasant mountain village is an excellent starting point for Ski-tours and a station for beginners. It is reached by an hour's post journey from Nesslau, along that charming valley through which flows the river Thur. The sunny position of this immense and ideal Ski-district, its favourable conditions

for Ski-runners, as well as its opportunities for taking enjoyable excursions in the glorious Alpine district, especially to the neighbouring Churfirsten with its gradually sinking slopes are the factors which have made Alt St. Johann beloved of visitors as a Winter Sport Resort. The Ski Club arranges ski-courses.

Accommodation.

Kurhaus and Hotel Schweizerhof. — Skis and toboggans lent. Heatable rooms. Pension from 5 fr. Magnificent Ski district around the hotel.

Hotel Rössle. — Arranged for Winter sport. Skis and toboggans lent. Heatable rooms. Pension from 5 fr.

Unterwasser.

920 mt (3017 ft) above sea level.

The Village of Unterwasser reached by Post from Buchs in $3^1/_2$ hrs or from Nesslau in $1^1/_2$ hrs may be used as the head quarters for a number of the finest tours in the Ober-

Alt St. Johann. Photoglob Co., Zürich.

In the Upper Toggenburg. Phot. Knuchel

toggenburg (Alp Iltios, Vorder- and Hinterschwendi). The Ski-club also provides a bobsleigh run, 1,8 km (1 3/4 m) long.

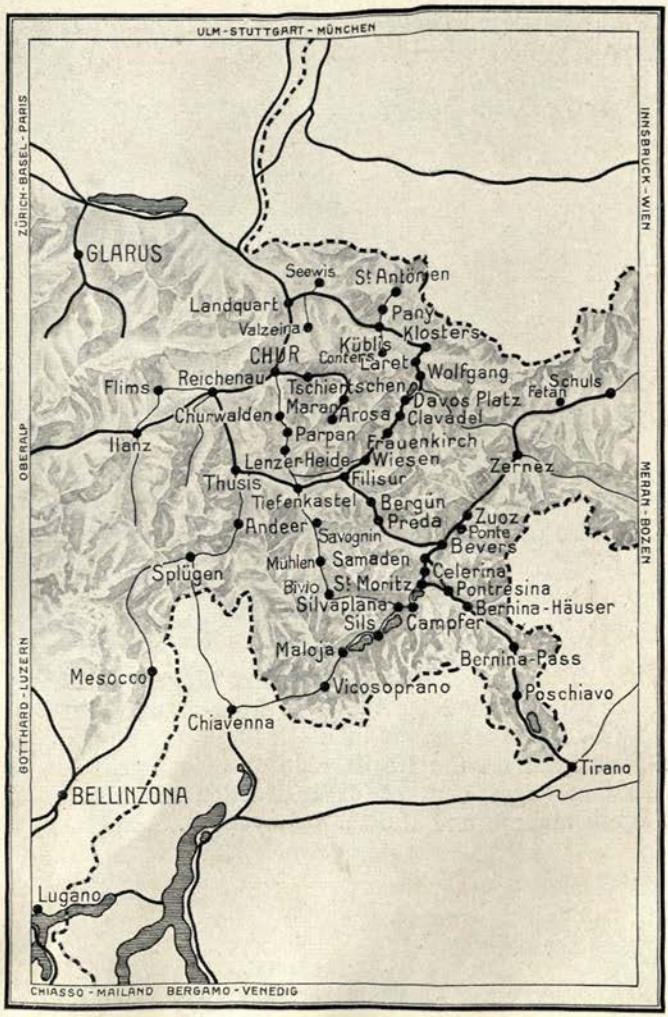
Wildhaus.

1104 mt (3619 ft) above sea level.

Wildhaus, a sunny village, the highest in the Upper Toggenburg, may be reached by the Post from Nesslau in 2 1/2 hrs or from Buchs in 3 hrs. It is a starting point for the gently running slopes, on the North side of the Churfirsten. The Ski club arranges courses of instruction in ski-ing yearly both for beginners and the more advanced.

* *

Graubünden.


ULM-STUTTGART-MÜNCHEN
ZÜRICH-BASEL-PARIS
INNSBRUCK-WIEN
OBERALP
MERAN-BOZEN
GOTTHARD-LUZERN
CHIASSO-MAILAND BERGAMO-VENEDIG
GLARUS
Seewis
St Antönien
Landquart
Pany
Valzeina
Klosters
Küblis
CHUR
Conters
Laret
Wolfgang
Schuls
Flims
Reichenau
Tschiertschen
Davos Platz
Fetan
Churwalden
Maran
Arosa
Clavadel
Ilanz
Parpan
Frauenkirch
Lenzerheide
Wiesen
Zernez
Thusis
Filisur
Tiefenkastel
Bergün
Zuoz
Andeer
Preda
Ponte
Savognin
Bevers
Mühlen
Samaden
Celerina
Splügen
Bivio
St Moritz
Pontresina
Silvaplana
Berhina-Häuser
Sils
Campfer
Maloja
Bernina-Pass
Mesocco
Vicosoprano
Poschiavo
Chiavenna
Tirano
BELLINZONA
Lugano

VII.

Graubünden.*

Already in olden times the Republic, Alt Fry Rätia, was considered a land in which Winter had set up his head-quarters. With horror, did people in the lowlands, seated beside their comfortable stoves, tell of the trails of baggage mules, which went over the snow covered passes, and which were not infrequently overtaken by tremendous snow storms and avalanches, in which they were buried. They spoke also of the Engadine, as a land where it is nine months winter, and three months cold, and romanced concerning the terrible unbelievable cold of those heights. Some were even able, from their own experience, to tell of the hardships of a Winter journey over the mountain passes. Such travellers were greatly admired and, all the more so, as there were accounts every Winter of overturned post diligences and lost road makers.

To-day all has become fundamentally altered. First was discovered, the healing influence of the high mountain Winter on various illnesses, and it was found that Winter had nowhere, warmer, or more sunny days than in the Alps. When various experiments showed convincing results — invalids, convalescents, those in need of rest, were sent to the Bündner health resorts, which soon obtained a world-wide fame.

* Often called, by the French name, Grisons.

Only now, and again, reports were whispered, in the lowlands, of the glory and the lustre of the Alpine Winter, with marvellous accounts of crazy English people, who spent whole months among inhospitable heights, and passed the time in skating, and all sorts of snow games.

It was ski-running that first brought in a universal revolution. It made Winter pleasure known, and opened also the Alpine valleys to the inhabitants of the lowlands, this the more easily that the Alpine railways now gave a comfortable and quick service of access.

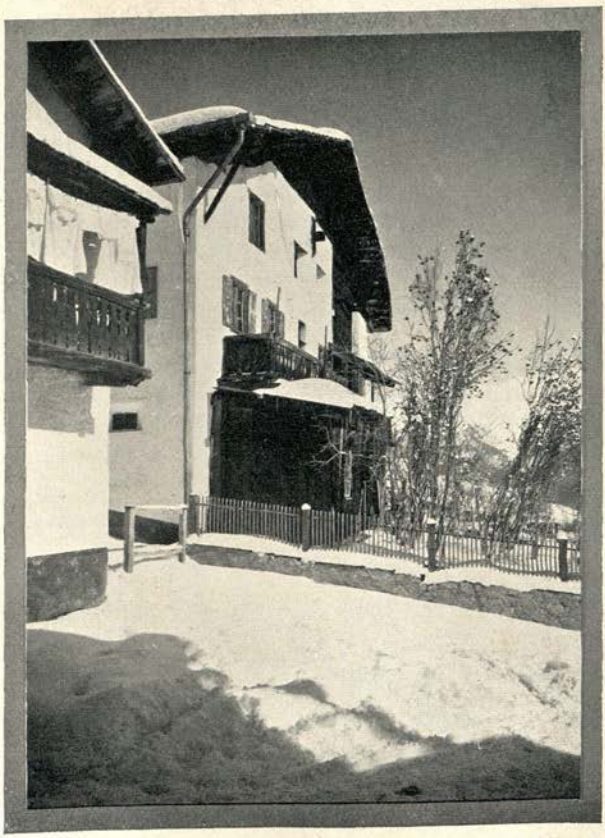
That Graubünden, the land of the high valleys, marches at the head of all Winter sports, is a well known historical fact; it has so many advantages in its long renowned Winter resorts, St. Moritz, Davos, Arosa etc. both in experience, and opportunities for practice. Besides which its natural suitability for Winter sport is unique, even for Switzerland.

Graubünden, as a whole, knows little of the Winter fogs, which fluctuatingly brood over the lowlands. At Sargans, or Ragaz, one emerges from the mists of fog, which frequent lower Switzerland, and experiences the most delightful sunshine, the clearest upland districts.

With the exception of the Rhine valley to Reichenau, and the Domleschg, the whole of the valleys of Graubünden have a quite reliable Winter; that is to say the snow does not melt, from mid December, to mid March. Thus the lower Prättigau, for example, has this entirely equable and reliable Winter so necessary for the sportsman, since it is shut off from the Föhn * wind, although it has a height of only 700 mt (2240 ft) In Föhn wind valleys this is however entirely different. How much better off are the high resorts, where Winter rain is as good as excluded, and where no ice rink melts after it has once been opened in November.

To all the Bündner Winter resorts, every praise may be given. Some are superior from their position and snow conditions, others because of their costly technical arrangements for Winter sports and their grand hotels, without which, such a resort of the first rank is unimaginable. When a sportsman, or a pleasure traveller, is once sure as to what he really wants, he may be sure he will find exactly the suitable

* A strong warm wind bringing thaw.



Phot. Küpfer.

An Engadine House.

place, among the resorts of the Bündnerland. The places mentioned have all excellent Winter hotels. In summer a tourist, or climber, if he pleases, can find accommodation for a long time in a simple inn, in Alp, or Club huts, but for a prolonged stay in Winter, it is absolutely necessary that, after the pleasure and fatigues of sport, one should find sufficient comfort, so that one can devote the long evenings, at one's discretion, to undisturbed business, reading, ease or sociability. The Swiss hotels, from the first, have taken such necessities into consideration from every point of view, so that a Winter stay in the mountains, can be most agreeable, quite apart from joining in Winter sport.

Is it any wonder then, that year by year the number increases of those who towards the end of autumm, when the dull days come on, and the weather begins to be unpleasant, honestly rejoice that it is Winter again at last? To the old Winter friends, new ones are added every year. In the Winter fogs of the lowlands, they get a "home sickness" for the deep blue sky, shimmering mountains and sunny valleys. They miss the healthy dry mountain air and the cheerful warmth of the sun. Yes, one meets more and more people, who prefer the district

Ice roses. Phot. Küpfer.

of the mountains in their snow dress flaming gold shaded with blue, the woods and rocks softly trimmed with ermine, to the most lovely Summer landscape, and who are enthusiastic over the cold mystic moonlight, and the nights with the sparkling diamond lights of the stars.

Only he, who has himself once experienced it, can understand the glorious feeling of health, strength, courage, happiness and energy, which a sunny Winter day is able to set free. He who knows this effect will each Winter wish to bathe in this natural fountain of youth, to climb up to the Alpine land, of Graubünden. Here Winter is to be found from December to April, by which time in the lowlands spring has already taken its place.

Ernst Viktor Tobler, Schiers.

Railway connections and accessibility.

The principal approach for Graubünden, is formed by the line Sargans-Ragaz-Landquart-Chur, of the Swiss Federal Railway.

Sargans is the junction for the various routes:

I. Olten, and Bâle-Zurich-Landquart-Chur for those coming from West Switzerland, Baden (Germany), Alsace, France and England;

II. Rorschach-St. Margrethen-Buchs-Landquart-Chur, for travellers to Switzerland via the Lake of Constance or by the Schwarzwald Railway.

III. Innsbruck-Arlberg-Buchs-Landquart-Chur, for those from Austria.

Almost all the Winter sport districts, of Graubünden, have been connected and opened out by the Rhaetian Railway, so astoundingly bold and interesting in its technical construction. Its starting point is at Landquart, from whence, one way, it goes to Klosters-Davos-Filisur. The other way it goes through Chur, the capital of the Canton, to Thusis, where the Albula Railway begins, it then continues to Tiefenkastel, and unites at Filisur with the other route, thus forming a kind of circle. Its extension continues next, to that Winter sport centre the hospitable Bergün, the end of the famous bobsleigh run Preda-Bergün. From here the

railway traverses those interesting technical constructions, which were erected to enable it to climb, by many zigzags and loop tunnels, viaducts and bridges, to the entrance of the 5865 mt (19,242 ft) long Albula tunnel which is traversed in about ten minutes. Soon after leaving this, the train comes to Bevers, the first Winter sport centre of the Engadine, from where a new branch line now runs to Schuls in the Lower Engadine. This is followed by Samaden, the Celerina and lastly by the world famed St. Moritz.

From St. Moritz the other Winter centres of the Engadine, Campfér, Silvaplana, Sils and Maloja, also Vicosoprano in Bergell, can be reached by sleigh, while from Samaden a branch of the Rhaetian Railway, and from St. Moritz and Celerina, the Bernina Railway runs to Pontresina.

From Bevers, a new line of the Rhaetian railway leads to the sport resorts of Ponte, Zuoz and Fetan and further to the world renowned baths of Tarasp-Schuls.

Another branch leads from Chur via Reichenau to Disentis in the Grisons Oberland, from where there is a post connection to Curaglia, on the main road to the Lukmanier pass.

A third line runs from Chur via Reichenau-Ilanz to Disentis, and by the post the traveller arrives at Curaglia on the Lukmanier Road.

The rest of the Winter sport places of Graubünden, are united by the post route with the stations of the railway, thus Arosa, from Chur, Churwalden, Parpan and the Lenzerheide also from Chur, and Flims from either of the stations Ilanz or Reichenau. Andeer and Splugen are reached from Thusis. The Centres of the Oberhalbstein, the latest to take their place in the ranks of Winter Sport places, viz. Conters, Savognin, Muhlia and Bivio have Post connections with Tiefencastel.

The Rhaetian Railway meets the wants of sporting people in a noteworthy manner with much consideration. Each traveller may take carriage free, one pair of ski or one toboggan. These are placed in the luggage van unregistered, the railway not being answerable for damage, exchange or loss. For bobs, there are especially reduced rates, and other privileges are

open, concerning which enquiries should be made at the stations. All stations, on the railway, issue also special tickets (abonnements) between two stated stations, for 24 single journeys, either way, within a period of 3 months and with 20 % reduction on the price of return tickets — halfprice is allowed for children, between 4 and 12 years of age. Such tickets should be ordered at least 2 days before being wanted, at the station from which the journey starts. These latter, are especially useful, to those who use toboggan runs which start, or finish, near stations on the line.

Chur (Coire).

596 mt (1954 ft) above sea level.

Chur the capital of Canton Graubünden, a joint station of the Federal (S. B. B.) and the Rhaetian railway, comes less into consideration as an independent sport centre than as a junction halting place, and as the centre of the Graubünden Winter Sport districts. Indeed Chur is an excellent resting place — its ancient history, its cathedral, its museum and old time streets, all justify a stay within its walls. The following Winter sport places are much visited from this town:

Churwalden 2 hrs. by post. Parpan 2¾ hrs. by post. Lenzerheide 3¼ hrs. by post. Flims ½ hr. Rhaetian railway to station Reichenau and 2½ hrs. by post. Disentis 2½ hr. Rhaetian railway. Thusis 1 hr. Rhaetian railway. Andeer 1 hr. Rhaetian railway to station Thusis and 1¼ hr. by post. Arosa 6 hrs. by post. Bergün (Bobsleigh run Preda-Bergün) 2¼ hrs. Rhaetian railway. St. Moritz 3¼ hrs. Rhaetian railway.

In favourable snow conditions an energetic Sporting life also prevails in Chur. The tobogganer will find good runs on the road from Malix to Chur, 6 km and from the Lenzerheide, via Parpan-Churwalden, 18 km and from Arosa via Langwies-Maladers-Chur (30 km). Further the town has an Ice rink, lit in the evening by electricity. The Ski Club Rhaetia, has leased an accommodation hut on Brambrüesch, 1600 mt (5120 ft), in the midst of a beautiful ski-territory from which most remunerative tours may be undertaken. Annual Sport fêtes are arranged there under simple conditions.

Sport.

T o b o g g a n r u n s: The road Malix-Chur 6 km. — The road Lenzerheide-Parpan-Churwalden-Chur 18 km. — The road Arosa-Langwies-Chur 30 km.

S k i - s p o r t: Ski hut and practising fields on Brambrüesch 1600 mt. Tours: From the Ski hut Brambrüesch on the Spontisköpfe 1850 mt, Dreibündenstein 2176 mt, Dreibündenstein-Pradaschier-Churwalden, Calanda hut 2130 mt; plans of tours published by the Information Office (30 cent.).

I c e s p o r t: Town Ice Rink, on the quarry, lighted by electricity in the evening.

C l u b s: Ski club of the section Rhaetia of the S. A. C.

Accommodation.

H o t e l S t e i n b o c k. — 140 beds. House of first rank. Latest comfort. Apartment with bath. Splendid garden. Café-Restaurant, beer on draught. E. B ü t i k o f e r, Manager.

H o t e l M o n o p o l. — New establishment close to the station. Modern convenience. Large restaurant. F r i t z H a u g e r, Manager.

Arosa.

1815 mt (5950 ft) above sea level.

One of the highest lying Summer and Winter resorts of Switzerland, is Arosa equally famed for the advantages of its high climate, with its restorative powers, as it is as a Winter sport station of quite prominent importance. One reaches Arosa in 6 hours from Chur, by post, three times daily. An electric railway is already being constructed which will shorten the journey 1½ hours and will soon be opened for traffic. The high valley of Arosa comprises a district rich in changes of its ground formation, sheltered from rough winds, especially from the North, by a circle of high mountains, which ensures there being little fluctuation of temperature. Further factors, which should be mentioned as worthy of consideration and helping Arosa to its great reputation are — the absolute purity of the air and the amount of sunshine. The quiet dry air, allows living in the open to an extent unknown in the lowland. The stirring effect of the clear high mountain air on appetite and metabolism, as well as the rest so quieting and refreshing to the nervous system, and the grand mountain world exercise their beneficial influence on the weak and those in need of healing. Arosa has had great success to record in

Arosa.

prophylactics, convalescence from fevers, weak nerves, nervous asthma, and the beginnings of lung and laryngeal tuberculosis (it is however to be avoided in rapidly advancing *phthisis*). The sanitary conditions of the Health Resort correspond with every requirement of modern hygiene. High pressure conduits, drainage, electric installations, disinfection undertaken under medical control, are but a few of the arrangements in vogue here for many years past.

The high valley of Arosa comprises beauty of landscape in lavish fullness. The journey shows a number of wonderful views, not least Arosa itself, where houses lie strewn over wide districts to unite in one of the most beautiful pictures that travel in Graubünden has to offer. In the midst of a lofty high mountain landscape, whose outermost peaks close round the place, like a wreath of Edelweiss, stretch out far and wide pasturages and pine forests, enlivened by two lakes. The surfaces in Winter being covered with glistening ice, or the snow which is spread over it.

As Arosa is now a Summer Health Resort of the first rank, so it is no less of the first importance as a Winter Sport Centre. Its ski territory is excellent, and the shorter and longer tours innumerable, so that a sojourn here is valuable alike to experts and beginners.

The Ski-district from Arosa.

Two artificial ice rinks serve for skating; the larger situated near the Ober Lake has an ice surface of 6000 mt² (1½ acres), while on the lake itself a portion is maintained for Curling and Bandy. Skikjöring is also provided for and for toboggan Sport, arrangements are made so that all kinds of toboggans are to be obtained.

Besides the sanatoria, for open air treatment, all the hotels are kept open in Winter for sport people and other travellers, as also Villas and private apartments in sufficient number, so the visitor has great choice. The Sporting and social entertainment fixtures in Arosa are very many sided. In January there are the international toboggan races; besides these, under the organization of the clubs, further competitions take place on the runs, as well as bandy matches Ice Fêtes, Gymkhana Games etc. on the ice rinks. Musical, theatrical and dancing evenings, with an official orchestra, give Arosa a social and sporting life as refined as it is entertaining.

Half an hour and about 100 metres above Arosa on a high

plateau, situated on a sunny mountain slope, magnificently rich in views, lies Senntum Maran, connected with Arosa by a small road for driving. Not far from it, at the edge of the wood, is built the group of houses Hof Maran.

On the sunny, mile wide, snow fields, the Winter sportsman devotes himself to ski-ing and tobogganing on the Maran toboggan run as well as the Rüti run. On this latter races are held.

Sport.

Toboggan runs: Artificial runs. Egga (Inner-Arosa) Grand Hotel Neue Säge, 2,5 km, also Post road from the Sanatoria to Postplatz, 1,5 km. — Seehof road 0,3 km. — Postplatz-Grand Hotel, 1 km. — Maran-Valsana, 2 km.

Bobsleigh run: Road to Rüti, 3,2 km.

Ski-sport: Practising districts over the whole neighbourhood. Jumping hills. Tours in great number, among others Hörnlit grat (2500 mt), Arosa Weisshorn (2657 mt), Arosa-Maienfelderfurka-Davos-Frauenkirch, Sandhubel, Arosa Rothorn. Ski huat the Brüggerhorn (2451 mt), 2½ hrs. from Arosa.

Ice-sport: Ice surface on the Upper lake, artificial ice rinks one of 6000 mt² (1½ acres), special rinks for Curling and Bandy.

Clubs and Societies: Arosa Toboggan Club. — English Toboggan Club. English Ski Club. Curling Club. Bandy Club. Skikjöring Club. Skating Society.

Maran Alp.

Accommodation.

Hotel des Alpes. — First class Family Hotel. Fully rebuilt and modernised 1912. Lift. Open all the year. Pension fr. 8.50.

Grand Hotel Arosa. — I. Rank. Every comfort. Beautiful view.

Hotel Arosa Kulm and Villa Bergfried. — Adjoining the Ski territory of Inner Arosa. Newly renovated. Modern comfort.

Eden Hotel. — First class international Family Hotel. Open sunny and central situation near the upper-lake. Modern comfort. Renowned kitchen and cellar. Arrangements for Families. Prospectus. Prop. H. Mettier-Pellizari.

Hotel Excelsior. — Grand new house I. Rank, in sunny wind-sheltered position. Lift. Warm water heating. Prospectus. Prop. J. Müller-Oberrauch.

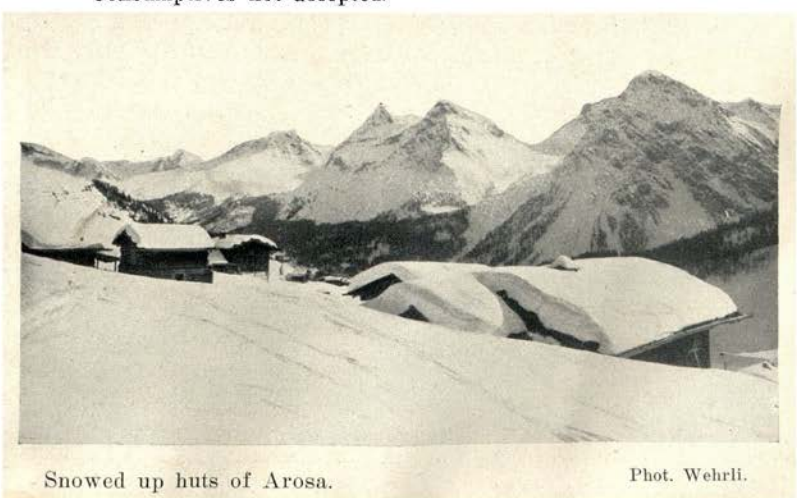
Pension Freia. — Newly built, modern and comfortable Family arrangements in sunny position.

Hotel Rhätia and Villa Germania. — First class with modern comfort, best situation, near the forest. Prospectus. Prop. Hofer and Co.

Hotel Seehof. — I. Rank. Sunny, windsheltered position by the Lake. — Café Restaurant. Veranda, Terasse, Lift.

Hotel and Kurhaus Valsana. — I. Rank. Newly built. Every comfort. Baths. Entertainment Hall. Beautiful Restaurants.

Hotel Waldhaus Arosa. Sporthotel. — Very fine position. Consumptives not accepted.



Snowed up huts of Arosa. Phot. Wehrli.

Churwalden.

1225 mt (4022 ft) above sea level.

Churwalden offers as Wintersport place besides favourable circumstance of snow the advantage of a sheltered slope with much snow near extensive woods. Beautiful districts for practising Skiing. Excellent toboggan-run on the road to Parpan. Ski-tours, Ice-sport.

Sport.

Toboggan runs: Parpan-Churwalden 4 km; Oberwitte-Pradafenzerwiese 2 km; Unterwitte-Pazuttbach 1 km.
Bobsleigh run: Parpan-Churwalden 4 km.
Ski-sport: Practising fields in the neighbourhood.
Tours: Grasch-Pradaschier Alp-Pradaschier-Brambrüsch-Malix; Rüscherhang-Capfedas-Toppu-Joch. Skihütte Brambrüsch 1800 mt.
Ice sport: One ice-rink.

Parpan.

1511 mt (4954 ft) above sea level.

Between the stations Chur and Tiefenkastel, of the Rhaetian railway, lies the health resort of Parpan with a Summer reputation. The ride from Chur three times daily by Post (3 hrs.) is most enjoyable. Through the development of Lenzerheide as a prominent Winter sports place, Parpan has obtained Winter visitors. From Chur too, large numbers of sports people continually wander to the pleasant little village. It was therefore very soon able to establish itself as an independent Winter-sport place. Parpan is itself excellently suited for ski-runners, tobogganing is carried out on the road to Churwalden, while skaters, curling and bandy players betake themselves to Lenzerheide, 3/4 hr. distant. Ski-races are often held in Parpan.

Sport.

Toboggan run: The road Parpan-Churwalden, 4 km.
Ski-sport: Practising fields in the neighbourhood.
Tours: Via Oberberg to Tschiertschen; Churer Joch (2050 mt); Stätzerhorn (2579 mt); from Parpan via Schwarzhorn-Alp Urden (Hörnli) to Arosa.
Ice sport: Ice rinks, also for curling and bandy on the Lenzerheide (3/4 hour).

Lenzerheide-Lenzerheide Lake.

1477—1493 mt (4832—4895 ft) above sea level.

The extensive high plateau of the Lenzerheide

Lenzerheide. Phot. Meisser.

(4832 ft), about 3¼ hours from Chur, the capital of the Canton, and 2 hours from the romantic station of Tiefencastel, on the Rhaetian railway, enjoys a continuous increasing Winter season. If, even in Summer the undulating formation of the ground the luxurious meadows and the extensive woods, are of extraordinary loveliness; in the Winter all these landscape charms are almost surpassed. The glistening snow cover extends far out, over small hills and valleys, and builds grotesque forms on the pine trees, and elsewhere.

On the way from Parpan to Lenzerheide lies the little Lenzerheidesee (Lake) 1493 mt high with a group of houses taking its name, Hotel, Post Office and halting place, 3 hours from Chur. Lenzerheidersee is well known as an ideal Winter Sport Centre free from fog, its average sunshine duration is 6½ hours, and popular in regard to its ground formation especially with ski-runners.

The extraordinarily favourable conditions of the territory, a certainty of an abundant snow fall, Winter sunshine of remarkable duration and strength, make Lenzerheide one of the finest Winter sport places. The ski-runner stands, almost as soon as he has stepped outside the door of the hotel, in the

centre of the most beautiful territory, while, at a distance, there are a number of interesting tours and trips over passes and snow summits, acting as an inducement to his efforts. To all of these reliable guide posts direct his route. A lively jumping run, opportunities for skikjöring, competitions etc. make the stay for the friend of ski-ing extremely rich in opportunities and varieties.

Lenzerheide is almost exclusively visited by sports people to whom its entertainments, especially the annual Sport Festival at the end of January or beginning of February, also its ski races, toboggan competitions etc., are exactly suited.

Sport.

Toboggan runs: From Crapera to the Heid mill. — Post road to Tiefenkastel.

Bobsleigh run: Post road to Tiefenkastel.

Ski-sport: Ideal practising districts close by the hotels. Jumping platform, Ski hut on Fopps (1900 mt).

Tours: Sporz; Ski hut Fopps-Crap Naross (1807 mt)-Sporz; Ski hut Fopps-Crap la Pala (2152 mt); Ski hut Fopps-Piz Scalottas (2338 mt); Stätzerhorn (2579 mt); Urdenfürkli (2594 mt)-Urdenalp-Hörnligrat (2519 mt)-Arosa.

Ice sport: Ice and Curling rinks near the hotels.

On the Lenzerheide. Phot. Meisser.

Lenzerheide Lake, Top of the Pass. Phot. Meisser.

Accommodation.

Kurhaus Lenzerheide. — Surrounded by the most lovely Ski-territories of Switzerland. Norwegian teacher. Daily courses Ice rink. Toboggan run. Curling. Duration of sunshine 6 hrs.

Park Hotel Pension, Lenzerheide. — Newly opened. Modern comfort. Quiet, sheltered and sunny situation, close to the ice- and curling-rinks. Central-heating, electric light, baths. Prof. Blaesi, Prop.

Kurhaus Pension Waldheim, Lenzerheide Lake. — Sunny, wind sheltered situation. Loveliest ski fields of Graubünden. Central heating, electric light, baths. Telephone. Pension from 8 fr. Prop. M. Schurter.

Hotel Valbella, Lenzerheide Lake (5055 ft a. s.) in the midst of the finest skigrounds. Central heating, electric light, baths. Post, telegraph, telephone.

In the Bündner Oberland.

Flims and Waldhaus-Flims.

1102—1140 mt (3613 - 3737 ft) above sea level.

On a sunny terrace, softly sloping to the South East, at the foot of the Flimserstein, 2½ hrs. by post from the station Reichenau or 2 hrs. from Ilanz, on the Rhaetian railway, lies the superior Health Resort of Flims. This splendid Summer

station, comprehends both the groups Waldhaus and the village. Some Hotels, of this excellent Summer resort, keep open their doors also in Winter, to make the magnificent ski district on the Segnes and the Laaxer Alp meadows, easily accessible. Sport is in Flims indeed a lively exercise. Two toboggan runs of 800 mt (2640 ft) and 1500 mt (4950 ft) long and the road connecting Waldhaus and Dorf, besides also an artificial ice rink, are the installations for sport . . The Winter landscape of Flims has indeed an idyllic charm, even excelling the view in Summer. The pine woods thickly covered with snow, the peaceful lines of the white hills and valleys, the small motionless lakes below, and the grand view of the heaven aspiring wintry mountains, leave an overpowering impression on the lover of nature.

Sport.

Toboggan runs: Village run Waldhaus-Lower Waldhaus, 0,5 km. — High road Flims-Trims.

Bobsleigh run: Runca-Lower Waldhaus, 1,5 km.

Ski-sport: Practising districts by the Hotels. Jumping hill. Tours (time there and back): Foppa 4 hrs.; Runca-height-Crap San Gion (2250 mt) 4 hrs., Ski refuge near the summit (7348 ft) magni-

Near Flims.

In Winter Dress. Phot. Küpfer.

ficent descent via Fellers. Fidaz and Scheia 3 hrs.; Bargis 6 hrs.; Segnes club hut (2100 mt) from there tours on the Vorab (3030 mt), Piz Grisch, Sardona pass height (2840 mt), Trinserhorn (3028 mt), magnificent descent, Segnes summit (3102 mt). From Sardona pass to Sardona hut (2340 mt).

Ice sport: Artificial ice rink in Waldhaus Flims.

Clubs and Societies: Waldhaus Flims Ski Club. — Winterkurverein.

Disentis.

1150 mt (3770 ft) above sea level.

The terminus Disentis of the line Chur-Ilanz-Disentis of the Rhaetian Railway is excellently suited for a fixed quarter for Ski-runners. The pleasant village offers rich opportunities for tobogganing. The neighbourhood shows great beauty of landscape in the peaceful lofty high mountain nature.

Sport.

Toboggan runs: Several near the place.

Ski-sport: Practising district. Ski tours. Ski course.

Curaglia.

1332 mt (4367 ft) above sea level.

In recent time Curaglia lying on the Lukmanier Road has prepared for the reception of Winter guests. From Disentis

the Post runs twice daily in 1 hr. to Curaglia at the outlet of the grand Medels Ravine.

Sport.

Toboggan Run: On the Lukmanier Road.

Ski-Sport: Good practising fields. Ski tours. Medels Hut S. A. C. 2540 mt Curaglia-Sta. Maria-(Lukmanier)-Piora-Airolo.

In the Prättigau.

Valzeina.

1262 mt (4138 ft) above sea level.

This loftily situated Summer Resort which can be reached by 1 1/2 hrs. Post journey from the station Seewis-Valzeina of the Rhaetian Railway, serves also as a Winter Sport Centre. Ski-Runners especially, find an extensive ski-district and opportunity for magnificent tours to the adjacent Hockwang district, and to the Furnerberg with descent to the station Furna. The road to the station Seewis-Valzeina is exceedingly suitable for toboggans.

Sport.

Toboggan run: Valzeina Rd. to the station 4,8 km.

Ski-sport: Good practising fields. Tours: Valzeina-Furnerberg-Furna. Valzeina-Aelpli.

Küblis-Pany—St. Antönien.

818 mt (2681 ft), 1246 mt (4085 ft), 1419 mt (4642 ft) above sea level.

To Ski-runners the part of the middle Prättigau, lying at the entrance of the St. Antönien Valley, has long been favourably known, forming, as it does, the terminus of a series of the finest ski trips from the Parsenn district.

Küblis is a station on the Rhaetian Railway, from which the skiers may return in comfort to their start, the nearly 3300 feet higher lying Wolfgang and Davos. — Küblis is also the starting point to the St. Antönien valley.

Pany. This pleasant village beautifully situated is one of the sunniest Winter Sport Places of Graubünden, the shortest sun duration being fully 7 hrs.

Vast ski-fields, short and extended tours invite to ski-sport and for free movement in this delightful, sunny alpine nature. Every year ski-races are held.

In the St. Antönien Valley.

St. Antönien. The terminus of the Post route from Küblis is in a lovely sheltered position and greatly valued as a Summer Resort. In Winter it offers especially to Ski-runners a suitable country and opportunity for interesting tours.

Sport.

Toboggan run: Splendid run on St. Antönien Pany-Küblis *road*, 11,4 km, nearly 8 miles.

Ski-sport: Excellent practising grounds and lovely touring district.

Accommodation.

Hotel Kurhaus Pany. Splendid, sunny situation, *beautiful* balcony-rooms. Pension from Fr. 5.50. *Propr. Nikl. Hartmann.*

Klosters.

1209 mt (3962 ft) above sea level.

The Health Resort of Klosters, which already enjoys the renown of being one of the most popular Summer Health Resorts of Switzerland, has now gained an assured position among the modern Winter sport centres. The mild stimulating Sub-Alpine climate, and the situation, procted from wind, indicates the spot as a Winter health resort, for those in

need of rest and change, those with nervous diseases or overworked brains, and convalescents — lung patients are not admitted. As the conditions for a Winter health resort are excellent, so also the situation of Klosters is favourable for every kind of Winter sport. In the first place must be mentioned the noted toboggan and bobsleigh run on the road Laret-Klosters on which every year the most thrilling races are held. The most convenient return transport of riders and toboggans from the end to the starting point, by means of the Rhaetian railway, is an advantage which is highly valued. Further Klosters is a fixed quarter for ski-runners, from which a great number of tours may be taken, to which may be added all those given under the heading of Davos. To this kind of sport also the Rhaetian railway brings many facilities. The skater too finds as rich opportunities in Klosters for the exercise of his darling sport. The hotels have their own faultless artificial skating rinks, on which both old and young amuse themselves. There is only now to refer to the favourable opportunities for the excursions of sleighing parties which often go as far as Saas and Küblis.

Klosters Phot. E. Pargaetzi.

Phot. Küpfer.

Snowed in!

The hotels and Kurhaus offer the guests a comfortable home, both in regard to the rooms, and to maintenance.

The annual contests are:

1. Races for small Toboggans. In the course of the month of February: Symonds Shield. Ladies Cup (for all kinds of toboggans). Symonds Cup (the most important race for Swiss toboggans). Freeman-Trophy (for Ladies on Swiss toboggans).

2. Bobsleigh Races. Opening and novice race, 4th week of December. Manchester Cup, 1st week of January. Coupe de France and Prättigau Cup, 2nd week of January. Cabbage prize, 4th week of January. Broad Cup, and Pegasus Cup, (beginner to steer) in February. Handicap Club race in February.

3. Ski races. Grand jumping competitions on the Selfranga jumping platform, 4th week of December; Ski race with jumping on the same platform, 3rd week of January; Grand Ski race from Parsenn-Furka in February.

These races are naturally, the principal events of the season. To the sporting entertainments must be added ski-races and competitions on the ice rinks, toboggan and ice gymkhanas, Curling and Hockey matches, Tailing parties, Skikjöring, while theatricals, musical evenings and the like, assemble together the guests in the Hotels.

Sport.

Toboggan runs: The road Laret-Klosters, 4 km. — The road from Klosters downward, 3 km.

Bobsleigh run: The road Laret-Klosters, 4 km.

Ski-sport: Ski races which jumping competitions 3rd week in January.

A. Short tours.

(○ = by rail from Klosters. § = by rail back to Klosters. * = only recommended to expert ski-runners.)

Klosters-Villa Daheim-Cap-Tobelwald-Aeuja-Klosters (1–1¼ hr.).

Klosters-Selfranga-Kniebühl-Platten-Ronawald-Aeuja Rüti-Melchete-Aeuja-Klosters (1½—2 hrs.).

Klosters-Stütz-Bad-Erlen-Selfranger Maiensässe-Villa Daheim-Klosters (1—1½ hr.).

Klosters-Davos road as far as Kiesgruben-Fischweiher-Selfranga-Klosters (1—1¼ hr.).

On the Bob-run Laret-Klosters. Phot. Meisser.

o To Laret-Grünbödeli via Mönchalpbach-Selfranger Maiensässe-Klosters ($1^1/_4$—$1^1/_2$ hr.).

o To Laret-Riet-ober. Railway path-Kohlenries-Tschesboden-Cavadürli-Klosters ($1^1/_2$—2 hrs.).

§ o To Laret-Grünbödeli, the toboggan run on the Davos road going to Klosters (1—$1^1/_4$ hr.).

Klosters-Bosca-Gulfia-Bad Serneus { Village of Serneus-Mezzaselva / Mezzaselva } ($^3/_4$—$1^1/_4$ hr.).

Klosters-Bosca-Gulfia-on the right side of the Landquart to Mezzaselva ($^3/_4$—1 hr.).

Klosters-Klosters Dörfli parellel to the railway (15 to 20 minutes).

Klosters-Pardels-Clavadel-Boden-Mauern { Bosca / Dörfli } Klosters.

Klosters-Thal-Pardels-Thalbachsperre-Unterm Wald Clavadel-Boden-Klosters ($1^1/_2$—2 hrs.).

Klosters-Thal-Russna-Tobel-Balzers-Klosters ($^3/_4$—1 hr.).

Klosters-Monbiel-Berg-Tobel-Balzers-Klosters ($1^3/_4$—2 hrs.).

§ Klosters-Monbiel-Bergli-Alp-Obertobel-Russna { Thal / Balzers } Klosters $2^1/_4$—$2^3/_4$ hrs.).

§ Klosters-Monbiel-Schwaderloch-Aeuja-Klosters ($1^1/_2$—2 hrs.).

Klosters-Monbiel-Baretsrüti-Schwendi-Pardenn-Masura Schwaderloch-Aeuja-Klosters ($2^1/_4$—$2^3/_4$ hrs.).

B. Longer tours.

* § Klosters-Schlappin-Schlappinerjoch-Valzifenzer Alpe-Gargellen-Schruns (1 day).

* § Klosters - Larenza - Zastieva - Calanda-Aschrainer Alp - St. Antönien-Küblis (1 day).

* o § Küblis-St. Antönien-Partnun-Blassecken-Tilisuna-Walser Alpjoch-Alpilla - Alpe-Grabs-Tschaguns - Schruns (1½ day).

o § Wolfgang-Parsenn-Gotschna-Casannaalp-Conterser Schwendi-Serneus (¾ day).

o § Wolfgang - Parsenn - Parsennfurka - Casannaalp - Conterser Schwendi - Conterser - Küblis (¾ day).

o § Wolfgang - Parsenn - Parsennfurka - Durannapass - Strassberger-Alp - Spitzer Bühl-Faninpass-Fideriser Heuberge - Laflina - Valsigg - Plattis - Fideris (1 day).

* o Davos Dorf - Flüela Hospitz - Weisse Rüfen - Jöri glacier-Fremdvereina-Vereina - Stutz - Alp - Novai - Monbiel - Klosters (1½ day).

* Klosters-Novai-Sardasca-Silvrettaegg-Club hut (1 day).
From the club hut to be recommended: Silvretta-Pass height, Wiesbaden huts (D. Ö. A. V.), Madlenerhaus, (D. Ö. A. V.), Signal on the Eckhorn.

Ice sport: Ice rinks of the hotels in the Village.

Accommodation.

Hotel Montana. — 5 minutes from station in fine situation. Newly built house in Châlet Sul. Warm water heating, electric light. Telephone. Baths. Prop. D. Meisser Domening.

Hotel Silvretta and Kurhaus. — 200 beds. Electric light, baths, lift, central heating. Carriages and sleighs for tours. Prop. L. Meisser and Stübi.

Grand Hotel Vereina. — 200 beds. Splendid Family and Sport-hotel. Open commanding situation. Longest sunshine during winter. Modern comfort. No admitt for consumpt persons. Apartments with bath. Own ice-rinks 6000 m² (1½ acres), private Toboggan run. Own Orchestra. Prop. Hew Brothers.

Hotel Weisses Kreuz and Belvedère. — 50 beds. Comfortable house. Luncheon terraces. Own refreshment room. Central heating. Prop. E. Helbling.

* * *

Davos.

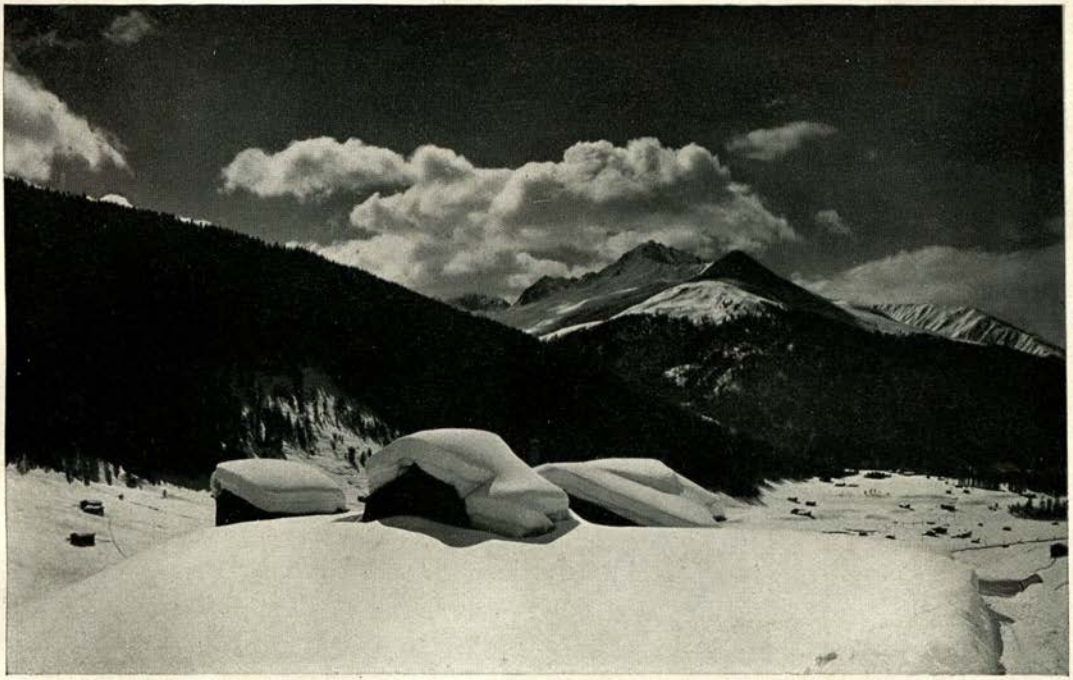
1560 mt (5109 ft) above sea level.

Among the Foreign centres for Wintersport and Winter cures Davos must be given one of the very foremost positions. Its fame as a sport centre is, in all countries, as good as its reputation for its cures. The district of Davos numbers 10,000 inhabitants and includes Laret, Davos-Dorf, Davos-Platz, Clavadel, Frauenkirch, Glaris and Monstein. Davos-Dorf and Platz to-day almost form a long stretching little town of hotels and sanatoria, placed in fine positions, allowing the free access of the sunshine; some on the protecting mountain slope; some on the lively High Street.

The healing results of the place, in illnesses of the breathing organs, and in nerve troubles, are world famed. The excellence of the climate consists in the rareness of wind and fog, and the great intensity of the sunrays. This latter makes it possible, even in the coldest Winter months, to have the most constant enjoyment of the fresh air. Furthermore in the dry, dustless character of the air, the great number of sunny clear days (as an average for the year 143 quite clear and 57 slightly clouded days), is its greatest advantage. With such claims does the Kurverein of Davos make known the advantages of the place as a Health Resort.

Even the critic of landscape beauty, will never be tired of praising the Winter charms of Davos and its surroundings; for the country in its Winter dress is sublime, and at the same time peaceful in its proud repose. Wherever the eye wanders, over the glistening surface of the lake, along the soft contours of the mountain slopes, to the Tinzenhorn immense in its icy magnificence, everywhere and on every side it discovers fresh undreamed of beauties.

Davos is not less famed however as a Winter Sports place. Every friend of Winter sport finds there his expectations fulfilled, and can enjoy the pleasures of his stay in all its possibilities. Whether he be a ski-runner or he choose the swift bob, whether he would fly o'er the ice rink, or earn laurels in the elegant and lively games; for each of these he will find an excellent territory and model preparations.



A Winter Evening near Davos. Phot Meerkämper, Davos.

Davos-Dorf. Phot. Wehrli.

The arrangements for accommodation are as favourable in every respect as is possible to imagine. Not only is every taste in comfort prepared for in Davos, but national peculiarities are also considered. The sanatoria for the reception of patients and convalescents are pattern institutions throughout, and their doctors possess international reputation. The hygienic prescriptions are carried out with a most painstaking accuracy; and model arrangements for water, drainage, electric light, disinfection etc. are added to the natural advantages of Davos as a cure resort. Sports people and travellers will find a number of hotels, both in Davos-Dorf and Davos-Platz, reserved and specially arranged for them.

An orchestra of nearly fifty performers, gives two or three concerts daily. Operettas, dramatic representations, lectures and symphony concerts form the evening entertainments for the society.

The climax of the sporting entertainments, is the annual ice festival on the Davos ice rink (end of January or beginning of February). This is often combined with the contest for the

World's and the European Championship. Thus in Davos during the last five years, the European and World's Championship in swift skating, the World's Championship in Figure Skating and the Ladies Championship have all been competed for.

That so many bandy matches take place on the ice rink of Davos, and that among the sports a large place is assigned to the game of curling, should be self evident, from the gathering together there of the Davos sporting world. Such arrangements attract, almost daily, a great many sports people, as well as onlookers. The ice rink offers convenient seats and an elegant room in which to partake of refreshments. With loud applause, in many different languages, are the results of the competitions, the ice games and the chances of the competitions discussed. Above all the lively persons glitters and glistens the Davos sunshine. Every-day-life is forgotten, the breast expands to give entrance to the fresh open mountain air.

Four-seated Bob in a curve. Phot. Meerkämper.

Curling-Rinks. Phot. Meerkämper.

Toboggan and bobsleigh sport naturally find in Davos especial attention. Known throughout the world are the bob races on the classical run of the Klosters road; this run has united with another lying yet higher, the Schatzalp toboggan run, that was made at a cost of 100'000 Frs. The maintenance of the run amounts monthly to considerably over 2000 Frs. and so for the 3—4 months in which it is working it easily costs the sum of 10'000 Frs. The convenience and ease with which the races can be carried out here, with the help of the funicular to the Schatzalp and the toboggan trains, often running twice daily to Klosters, must be specially mentioned. To the toboggan runs and bobsleigh competitions there ever come large numbers of sportsmen for whom the committee is hard pushed to find opportunities. The most important races in Davos (bobsleigh races when not otherwise mentioned) take place yearly as follows:

Schatzalp-Toboggan run.

1. Races for small toboggans.

"Guthrie-Cup" (for all kinds of toboggans) and "Championship of the Schatzalp" (skeleton race) in the 1st week of January; "Russia-Cup" (skeleton race) 2nd week of January; Trauffer-Prizes (race for Swiss toboggans) 3rd week of January; "Freeman-Cup" (international race for Swiss toboggans, 2nd week of February.

Ski jump from the Bolgen Jumping Platform.

2. Bobsleigh races.

"Alt fry Rhaetien" 2nd week of January; Club-Handicap race 3rd week of January; "Kaiser Wilhelm II Cup" 4th week of January; "Holland-Cup" and "Golden Goblet of Davos" 1st week of February; "German Wander-Cup" and "Handicap race" 2nd week of February; "Scaletta Prize" and "Club-Race" 3rd week of February.

These are the regular annual races of the Schatzalp Tobogganing Club.

The Old Schatzalp Toboggan run.

Schatzalp Championship (Swiss toboggans) 1st week of February.

Klosters Toboggan Run.

1. Races for small toboggans.

In the 2nd week of January. Symonds Shield (skeleton race); Ladies Cup (skeleton race); Symonds Cup (most important race for Swiss toboggans); Freeman Trophy (for Ladies on Swiss toboggans).

These four races in February.

2. Bobsleigh races.

Opening and novice race 4th week of December; Manchester Cup 1st week of January; Coupe de France and Prättigau Cup 2nd week of January; Cabbage prize 4th week of January; Broad Cup and Pegasus Cup (beginners to steer) in February.

Besides these are always club races and races for private prizes.

Ski sport.

Jumping competition on the Bolgen jumping platform 4th week of December, 4th week of January, 4th week of February.

The Davos ski Club arranges yearly several important ski-competitions with jumping, time and Slalom runs.

On the Bolgen jumping platform in Davos which was made at considerable expense in 1908 is found some of the most interesting jumping competitions in Switzerland from the Sport point of view.

What however is especially the greatest attraction of Davos both to ski-runner and tourist, is the great number of tours which can be undertaken from the Health Resort and from the

A merry team.

Parsenn hut. We do not know of any place in Switzerland which we could place before Davos for the number of tours or the excellence of the territory.

The following list of tours will richly illustrate this fact and to them we refer.

Sport.

Toboggan runs: Old Schatzalp run, 3,4 km. — New Schatzalp run, 3,4 km. — The road Davos-Klosters, 3 km.

Bobsleigh runs: Schatzalp Bobsleigh run, 3,4 km. — The road Davos-Klosters, 3 km.

Skeleton run: Schatzalp run, 3,4 km.

Ski-sport: Bolgen jumping platform, ski hut on Parsenn.

Tours:

A. From Davos.

To the Strelapass (2253 mt). Following the marking boards and posts from the Schatzalp 1½ hr. Returning same way. — To the Körbshorn (2654 mt). Schatzalp-Strelapass path to about 2280 mt; between Küpfenfluh and Wannengrat to Letzuel and the peak, 2½ hrs. Descent on the right of the Suzibach (crossing high above the valley) to Langmatte-Frauenkirch. The whole tour 4½ hrs. — To Arosa. a) Over the Strelapass to Langwies about 3 hrs. From there post road; b) over Maienfelderfurka about 6 hrs. either via Staffelalp or via Kummaalp; c) over Thiejerfurka, from the Staffelalp directly upwards and between Thiejer and through Mädrigerfluh to Grünseeli. — To the Altein (2382 mt). From Frauenkirch turn from the road to the right and over the Langmatte into the Bärentäli. Keeping the direction of the path before Gross Tritt, to the back plateau of the Altein and further to the point 2382. Descent via Steigmäder-Rüti or via Alvascheiner Alp to Wiesen. Day tour. Great danger of avalanches. — Valbellahorn (2769 mt). Ascent as in No. 4 to the

ridge of the Altein and via the North ridge to the Peak; descent via Alvascheiner Alp to Wiesen. (Great danger of avalanches.) — Bühlenhorn (2811 mt). Monstein-Inneralpen-Kühberggrat (do not keep to the right too early), climb from Davos 6—7 hrs.; descent to Stuls and Bergün. (Avalanches at times.) — Vanezfurka (2587 mt). Monstein-Oberalpen-Vanezmäder-Furka. Descent: a) Same way back; b) Ducanpass-Stulsertal-Bergün; c) Ducantal-Sergital-Davos. (Avalanche danger.) — Bergünerfurka (2812 mt). Davos-Sertig-Dörfli-Kühalptal-Bergünerfurka-Val Tours-Bergün. (Long day tour.) — Piz Kesch (3420 mt). Through the Sertig- and Kühalptal to the Sertig pass. Avoid the slopes, keeping to the bed of the channel as much as possible, as far as to the last short climb to the pass height. Descend through Val Sertig to Eck and further to the Kesch huts (night lodging) 8 hrs. To the Peak via Porchabella glacier and in a wide curve to the left to the Eschialücke (point 3008) to the upper glacier from there to the North wall thence up to the Peak 3—4 hrs. Descent: a) Through the Eschialücke to Madulein about 166 yards to climb on foot, then via Vadret d'Eschia keep closely to the left to Plazetta, and through Val Müra to the water works of Madulein, from here follow the path, and down to Madulein very beautiful descent about 2 hrs.; b) From the Peak via Porchabella glacier back to the Keschhuts, from here through Val Salegt and Val Tours down to Bergün. (Kesch hut with fire wood: key from the official of the S. A. C. Section Davos.) — Kühalphorn (3081 mt). Ditschmatal-Dürrboden-Scaletta pass (2619) via the Kühalp glacier and the east ridge to the summit. Return into Kühalptal-Sertig-Davos. (Day tour.) — Rhinertäli. Sertig-Kühalptal, via Schönboden to the pass height (2645 mt) Dischma to Alp on the Rhin. (Medium day tour.) — Rüedistäli. Clavadel, Clavadeleralp to point 2572. Descent into the Rüedistäli, to the right of the brook to below point 2158, then the path to Dischma. — Jatzhorn (2683 mt). Clavadel-Clavadeleralpen to the summit. 7 hrs. — Jakobshorn (2593 mt). Clavadel-Clavadeleralpen to the Peak. 6 hrs. Descent: a) As ascent; b) to Ischaalp and by the new path down to Davos. — Bremenbühl (2665 mt). Via Ischaalp, Bremenbühl to the Peak. Descent: a) via Clavadeleralp; b) same as in Jakobshorn (see above) 5 hrs. — Bühlenberg (2516 mt). Via Bühlen-Inschlag-Kniepe-Bühlenberg. Descent Luchsalp-Dischma. (Half day's tour.) — Dischma Flüelatal. Dischma to Hof Luchsalp, to the right from Baslerkopf to Carlimatten to Wegerhaus. (Day's tour.) — Flüelahospiz and Schwarzhorn. To the Hospiz (2388 mt) 4 hrs. From here direct up to the East ridge, then on the Summer path through the Radünertal to the glacier and via the ridge to the Peak (3150 mt). Descent: a) Same way. 1 day; b) Cross the Radüner glacier to be crossed, to the left round the Radünerkopf to the Grialetsch Pass-Dürrboden-Davos. 1½ days. —

In the Sertig Valley near Davos. Phot. Wehrli.

Piz Sarsura (3176 mt). From Dürrboden to the Grialetsch pass as far as the pass height, then keep to the right below the Kilbirizen through to the Grialetsch glacier. Climb this slowly and cross directly under the great rock head, point 2847, through to the gap North of the Sarsura and on the East side via the glacier stretching to the Peak. Descent: a) same way as ascent; b) from the Grialetsch glacier right down through the Grialetschtal down to the Flüelatal. In this, climb up about 150 mt (500 ft) to the road and then to the Hospiz. From there to Davos, magnificent descent. 1½ days. (With bad snow conditions dangers of avalanches in the Grialetschtal.) — Scalettahorn (3068 mt). Dürrboden-Scaletta Pass-Kleiner Scaletta glacier to the Peak. Descent: Cross ower Vallorgia glacier to Vallorgiafurkli. Grialetsch glacier and pass. 1½ days. — Scaletta pass-Sulsanna. 10 hrs. (Avalanches at times). — Hörnli (2448 mt). Flüela road to Bedera, Bederaberg-Hörnli. Descent to Höfli-Flüela road, 4 hrs. — Pischahorn (2982 mt). Flüela road, close behind the Alpenrose to Flüelaberg-Mattjestäli to the Peak. 5 hrs. Descent: a) Eisentäli-Vereina huts-Novai-Klosters; b) Flüelaberg-Bederaberg-Davos.

B. From the Parsenn Ski hut, 2280 mt (7475 ft).

Wolfgang-Parsenn hut. 1½ hr. Station of the Rhaetian Railway (Sign posts) Stützalpen-huts. — To Laret. Parsenn

hut-Cotschna (2267 mt), Descent to Schwarzseealp-Laret. 2 hrs. — Klosters. Parsennfurka (2436 mt)-Alp Casanna-Bündi-Klosters. 2 to 3 hrs. — Küblis (I). Parsennfurka, Obersässtäli, Conterserschwendi, then the way via Rone to saw mill above Conters, from here leaving Conters and Brunnen to the right, to Runcaletsch, to the left of the road to Küblis. 3 hrs. — Küblis (II). Parsennfurka, Casanna pass between Seehorn and Gaudergrat to the Duranna Pass. Conterser Alp along the Weissbach to Plan-da-Gorz-Brunnen-Küblis. 4 hrs. — Serneus. Parsennfurka, Obersässtäli, Conterserschwendi, then the path to the point 1492, down the Maiensässe to Serneus. 3 hrs. — Fideris. Parsennfurka, Casannapass, to the right of the Seehorn to the Fürkli between Kistenstein and point 2436 mt, from here between Hochstelli and through Schlafbodenkopf to Laflina, then cross the brook, and go along the path to Fideris. 5 hrs. — Furna. As far as the Fürkli like the above, from here to the Faninpass-Kunkel, then left or right of the Bleistein, crossing all the ravines high up along the high path to the Alp Pavig-Hinterberg-Furna. 10—12 hrs. (only for hardy travellers), danger of avalanches in places. — St. Peter-Chur. To Faninpass as Furna, on the Schanfigg side to the South of Kunkel to Salets-Fatschel-St. Peter. 8—9 hrs. — Nach Peist. To Faninpass as Furna, Zalünia-Erlenboden-Peist. 5 hrs. — Langwies. Parsennfurka, Casannapass, Fondei, left side of the valley as far as Stutz, then right side of the valley to Langwies. 3—4 hrs. — On the Weissfluh (2836 mt). Between Schwarzhorn and Todtalp via Todtalpsee to the Peak. About 2 hrs. Descent: a) to Küblis (2030 height difference) through the valley between Weissfluh and Schwarzhorn, Obersässtäli and further as Küblis; b) through the Hauptertäli, Sapün-Langwies; c) Hauptertäli-Strela-Davos; d) through the Dorftäli-Büschalp-Davos. — Kistenstein (2477 mt). To the Fürkli, as Fideris, via the ridge to the Peak. Descent back to the Fürkli through between Hochstelli and Schlafbodenkopf into the Fideris Heuberge and Laflina, from here following the path (unused in Winter) to Fideris.

Ice sport: Davos ice rink; the ice surface of which comprises 29 500 m² (7½ acres) and which is to be again increased and is divided into three parts: 1. The large general rink, on which is the double run for the races, 400 mt (1332 ft) long and 5 mt (16½ ft) wide, as well as the special enclosed part for figure and waltz skating. 2. The rinks for English figure skating. 3. The rink for Curling. The Davos Village ice rink.

Clubs and Societies: German Club. — Association Franco-Belge. — Russian Association. — Belvedere Curling Club. — — Davos Toboggan Club. — Davos Branch of the N. S. A. — International Skating Club Davos. — S. A. C. Section Davos. — Davos English Ski Club. — Davos Ski Club.

Accommodation.

Hotel Bahnhof. — Tourist and Sport Hotel. Comfortable house renovated with all modern conveniences. Café-Restaurant.

Hotel Bellavista and Villa Ena. — First class House, with every modern comfort. Splendid sunny situation. Perfect sanitary arrangements. Lift, Electric Light, Central Heating. Pension from Fr. 8.50. Bernhard Accola-Meisser, Prop.

Hotel Buol. — Magnificent situation with open views. English and French billiards. Library. Electric light and Central heating. Lift.

Central Sport Hotel. — Modern Hotel re-built with all up to date comforts. In the centre of the resort and the sporting life. Prop. A. Stiffler-Vetsch.

Hotel Pension Conrady. — English quarter. Newly built house arranged to meet all modern and hygienic requirements. Open, sunny situation. Prop. R. Mayer-Conrady.

Hotel Davoserhof. — Opposite the post, 3 minutes from station. Exclusively a tourist Hotel. Central heating and baths. Prop. Ch. Stiffler.

Sanatorium of Dr. Dannegger "Du Mida". — In peaceful sunny situation.

Pension Hohenzollern. — English quarter. Newly built house furnished with all modern and hygienic comforts. 1st. rank in open sunny situation. Most careful nursing in illnes. Nurse in the house. Well known for its good kitchen. Prospectus from Prop. Robt. Westermann-Prüll.

Neues Sanatorium Davos-Dorf. — Medical institution for lung patients and all other forms of tuberculosis. Peaceful, sunny situation. Electric light. Central heating. Lift. 60 m long resting hall open to the S. in the midst of a large garden. Excellent kitchen. Own Röntgen rays cabinet for diagnosis and therapeutics. Head doctor: Dr. H. Frey. Prop. M. Neubauer.

Hotel Rathaus. — Old and renowned house, newly renovated historical building with armoury. 3 minutes from station. Restaurant. Italian kitchen. Good cellar. Veltlin wine. Prop. Martin Kindschi.

Victoria Hotel. — 1st. rank modern house. Rooms with balconies and view of the skating rinks. Billiards. Central heating. E. Meuli, Dir.

Sanatorium Clavadel (3/4 hr. south of Davos). — In peaceful, sheltered and sunny situation close to the woods. Modern comfort. Own Röntgencabinet. Head doctor: Dr. H. Bodmer.

Davos, Sunset. Phot. Wehrli.

On the Splügen road.

Thusis.

722 mt (2367 ft) above sea level.

Thusis, a station of the Rhaetian railway, is less a Winter-sport place, than an important halting station for the Health Resorts of the Upper Engadine and Davos. The beauties of its surroundings, and its position on the Rhine, into which, not far away, flows the Albula justify an extended stay in this market town, bordered all round by high mountains, and therefore gratefully protected from wind. The glory of Thusis is its situation, at the starting point of the Splügen road, and the far famed Via Mala ravine.

For ski-runners there are practising fields in the neighbourhood, and tours may also be undertaken from Thusis. For tobogganing there are splendid opportunities on three roads of different lengths. Thusis may be taken as the starting place for visits to the following Winter stations:

Andeer 1½ hour by post. Splügen 4 hours by post. Lenzerheide ½ hour Rhaetian railway to station Tiefenkastel and 2 hours by post. Bergün (Bobsleigh run Preda-Bergün) 1¼ hour Rhaetian railway. Davos 1¾ hour Rhaetian railway. St. Moritz 2½ hours Rhaetian railway.

Sport.

Toboggan runs: The road Glas-Tschappina-Thusis, 12 km. — The road Präz-Sommaprada, 8 km. — The road Campi-Sils, 2 km.

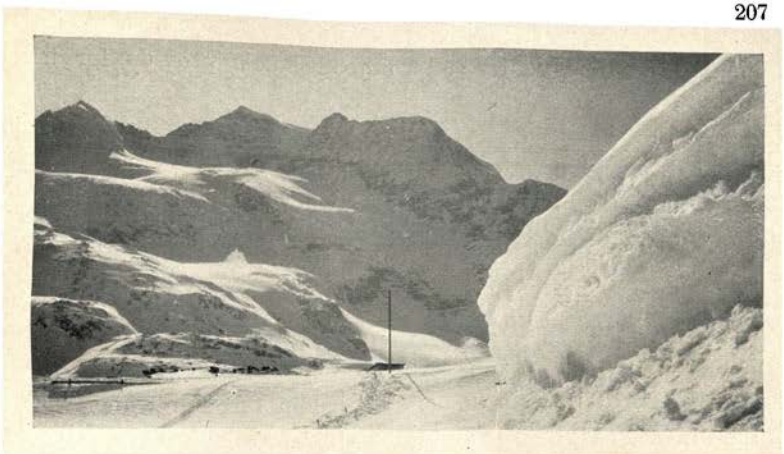
Ski-sport: Practising districts near the place. — Tours: Heinzenberg-Präzer height, Mutten-Muttnerhorn, Splügen-Splügen pass, Ausserglas-Bruchalp.

Clubs and Societies: Ski club Section Hinterrhein of the S.A.C. Information Office.

Andeer.

979 mt (3210 ft) above sea level.

Andeer well known for its mineral and mud baths, is reached in 1½ hour from the station Thusis, of the Rhaetian railway through the famous Via Mala ravine. The little village famed as it is in Summer is as yet but in the first stage of its development as a Winter sport Centre. It is however excellent,



for those in need of change and rest, and for modest sport requirements.

The hotels have met all demands for the reception of Winter guests. Ski-ing parties and unconstrained sociability in the evening hours, serve, in addition to the exercise of the various sport-entertainments. Ski-races are also arranged.

Sport.

Toboggan runs: From the forest border to the village, 1 km. — From the Bärenburg to the village, 1½ km. — From the Maiensäss mountain path, 2½ km. — Roffla high road, 5 km. — (No artificial runs.)

Ski-sport: Practising fields on the Schamserberg. Tours to Piz Beverin, Piz Vivan, Splügenberg and so forth. At 1400 and 1600 mt Maiensäss huts are found, which offer to the ski-runner accommodation for rest and cooking.

Ice sport: An ice rink.

Splügen.

1460 mt (4777 ft) above sea level.

Splügen, the principal place of the Rheinwald Valley, thanks for its traffic, chiefly, the two greatly frequented passes of the Splügen and the St. Bernardin (not Great St. Bernard). It is a pleasant village, which offers a good territory to the ski-runner, but for other Wintersport, with the exception of tobogganing, it has as yet made no arrangements. Splügen is reached from the station Thusis of the Rhaetian railway, by

post, three times daily. Two good hotels provide for the visitors.

Sport.

Toboggan run: From the "Kleinen Gallerie" to the village, 2 km.

Ski-sport: Ski tours in every direction. Excellent to the Splügenberg and to the Suretta Lake, where a small well furnishes hut offers accommodation.

Oberhalbstein.

The high valley of the Oberhalbstein through which runs the Julier Post route is suitable in many respects as a Winter residence for the lovers of Sport. It offers before all a favourable ski territory with opportunity for magnificent high tours. It is often visited as an excursion object from the Engadine over the Julier Pass which the Post also travels in Winter.

In the following places are Hotels ready for the reception of Winter guests.

Tiefencastel (884 mt), Station of the Rhaetian Railway at the junction of the Julier, Albula, Schyn and Lenzerheide roads.

Conters in Oberhalbstein (1187 mt), first place in Oberhalbstein 1½ hrs. by Post from Tiefencastel.

Savogin (1215 mt). Chief place of the Valley, a beautiful situation rich in views.

Mühlen (1461 mt). In a magnificent frame of high mountains, 3¼ hrs. by Post from Tiefencastel.

Bivio (1776 mt). At the foot of the Julier Pass where the Septimer Pass branches off.

Sport.

Ski-sport: Practising districts close to the places mentioned above. Ski tours over the Julier, Septimer or Longhin passes to the Engadine. Across to Val Bever from Mühlen. Over the Stallerberg to Avers,

Toboggan runs: Bobsleigh and Toboggan runs Julier pass-Bivio-Mühlen, Crap sés-Tiefencastel.

Landwasser and Albulatal.

Wiesen.

1437 mt (4711 ft) above sea level.

Wiesen is situated on a sunny mountain slope and is very well suited for a Winter health resort, both climate and situation recommend it for this purpose. For sport it offers extensive ski districts and a great number of select skitours. The former post-road is especially suited as a toboggan run.

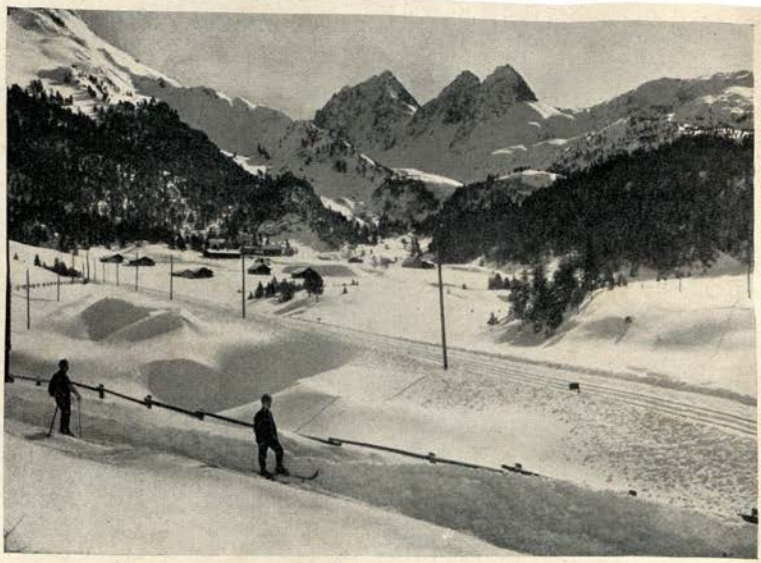
In the Albula Valley.

Bergün.

1386 mt (4544 ft) above sea level.

Bergün, the well known terminus of the Preda-Bergün Bobsleigh run, counts itself, through the favourable ski-ing regions in its district, among the Wintersport Centres. It is a pleasant and imposing mountain village, at the beginning of the Albula pass. It offers Winter recreation to those seeking change, especially to beginners in ski-ing, and also

Bergün.



Near the Bobsleigh-run Preda-Bergün. Phot. Wehrli.

to those in training on the noted bobsleigh run. Bergün is a station on the Rhaetian railway.

Sport.

Toboggan and Bobsleigh run: Preda-Bergün with passenger and implement transport by means of the Rhaetian railway.

Ski-territory with practising fields near the village and several tours in the neighbourhood (Piz Kesch huts Sertig valley.)

Accommodation.

Hotel Kurhaus. — Splendid situation, in idyllic quiet. Pension from Fr. 10.— Central heating. Winter sport, large *ice-rink*. Doctor.

Preda.

1792 mt (5875 ft) above sea level.

Preda, the last station before the entrance of the Albula tunnel has achieved importance for the Winter Sport as a starting point of the above mentioned Bob-run, Preda-Bergün, as well as for the Ski-tours over the Albula Pass. The neighbourhood of the picturesquely situated little village offers lovely practising fields for Ski-runners.

Sport.

Toboggan and Bobsleigh run: Preda-Bergün (see Bergün).
Ski-tours: Over the Albula Pass to Ponte 17,2 km.

Accomodation.

Hotel Preda Kulm and Chalet Post. — Comfortable, quiet Summer- and Winterstation. Vestibule, Terrace, Baths, new Restaurant. Central heating. Electric light, Telephone. Prospectus free.

In the Engadine.

St. Moritz.

1856 mt (6085 ft) above sea level.

"Nature in the bridal dress of Spring!" — False phrase. What bride, among us, would dress in many colours? White is every-where the sign for her, and had the first master of metaphor, who is to be thanked for this much used phrase, known the Winter of the mountains, he would certainly have looked on nature in Winter as bridally adorned, rather than

On the St. Moritz Lake. Phot. Wehrli.

in Spring. It suggests the unique purity and chastity of the high mountains — nature veiled in snow. The lighting up of the snow in the sunlight, the flaming myriads of costly gems which the frost has made, the clearness and freshness of the face of the sky, which the sunny ball in parting charms to a coy blush, the wonderfully lovely and beautiful view over the white diamond studded drapery, that indeed is bridal beauty, be there ever such a thing. — Certainly nowhere else is this found more lovely, and more noble, than in Winter in the loftily situated Engadine — the Eldorado of the Winter sport centres — in St. Moritz.

The world's health resort, once famed only for its iron springs, and its Summer beauty, has, within three decades, doubled its well founded fame, through the vigorous and decided opening up of its hospitality, to those attracted by the beauty and significance of Winter in the high mountains. It may be said without disrespect to others, that to-day St. Moritz through its eminently superior position, its accommodation, and the many sidedness of its arrangements, is the most fashionable, and important Winter sport centre of Europe. Truly a prominent side of the Winter cure industry, must remain lacking to St. Moritz. There is to be found here no lung sanatorium. The world famed places relatively near, equipped with the necessary climatic factors, that have given themselves with untiring care to cater for those diseased, forbid St. Moritz to trespass on this ground, and provide for those who for indispensable and salutary reasons are rejected from this place. It does however stand open, for all prophylactics and others, with troubles to which the Winter rays of the mountain sun (5½—6 hrs. daily), and the gloriously refreshing high mountain air, can be of advantage. But above all it takes in the stream of people who, coming from the midst of serious nerve exhausting work, hang gravity and care on a nail, for a few weeks in order afterwards to be more fit for the battle of life.

Hi! — how they come in their hundreds — St. Moritz has in the high season, at the same time accommodated 4000 visitors — with joy and eagerness, to seize toboggan, ski, bob or skate and show an activity which calls up astonishment, and which contrary to the relaxing South, brings strength and hardiness

St. Moritz. Phot. Küpfer.

Bandy. Phot. Wehrli.

to them. The value of a Winter sports cure centre, depends on the stability of the factors forming the basis of Winter sporting activity, and climatic enjoyments. In this respect St. Moritz is raised beyond all question. While medium mountain positions, often in one night, are deprived of snow, ice and sun for an ominously long time, here the height of 6000 ft sets an absolute guarantee for their continuance. Days of real thaw, are very scarce in the season and are never strong enough to disturb the Winter. All sports usually proceed here unhindered, when in other places the snow has melted.

The opportunities for ice sport are inexhaustible. The choice garland of lakes which starts at St. Moritz and continues for 16 km (10 miles) towards Maloja, opening one after another, in their unique mountain frame, is the skaters' friend, so that from the beginning of November until April, he can fulfil his best expectations.

At Christmas an almost endless train of sleighs moves towards Silvaplana, Sils and Maloya. On the banks of the lakes, in the streaming sunshine, the midday meal is eaten in the open. People swarm in many hundreds over the black mirror of ice, which in spite of its thickness 15 — 16 cm (6 to

10 inches) allows one to see every pebble on the flat bottom, and which mirrors in its depths the gigantic shining mountain circle around it, with a sharpness which gives endless delight.

If the lakes have once been covered with snow, parts are cleared and sprinkled with water. But then principally the artificial ice rinks of St. Moritz take their place. These rinks are wonderfully formed on the mountain side, and are kept, with the utmost care, with a faultless quality of ice — some to the middle of April. — In use they present a most lovely picture of graceful movement. Music resounds everywhere, couples sway in elegant waltzes, whether with much or little, skill. With all, the brilliant Winter sun is reflected in the radiant faces.

St. Moritz offers a large number of ice rinks for practice and competitions, for the Scottish curling and the English bandy, a method of playing hockey on the ice. The clubs which encourage these games are famous and are feared in competitions far beyond the borders of Switzerland. The largest artificial Ice Rink is that of the Improvement Society whose surface comprises 12 000 mt² (3 acres).

The various snow sports have partly St. Moritz to thank, for their start and systematic cultivation. The Cresta Run, an artificially built ice run in bold convolutions of over 1200 mt (about $^3/_4$ mile) long, and with a descent down the mountain of 157 mt (500 ft) is unique and enjoys world wide reputation.

A Skeleton-runner.

Cresta run.

It carries the skeletons, the heavy toboggans upon which one lies down, having a sliding piece under the body, with a maximum swiftness of 115 km (70 miles) per hour. The bob, a now well known racing vehicle, which can carry up to seven persons, at one time down the slope, has also St. Moritz to thank for its origin. The run specially built for bob competitions is itself a pattern work, whose perfection, as is well known, has been enjoyed by the German Crown Prince. Besides these, St. Moritz owns a number of easier runs both for grown ups and for children, and the Kur and Information Societies of the place are ever ready to increase their number.

The sport which has spread in the last ten years, more than all others, the ski-running, finds in St. Moritz and in the Engadine altogether, a most favourable ground. Exclusive of the quality of the snow, its reliability, and the immense picturesque districts, the Julier jumping platform, by St. Moritz, has been recently described, by the most famous experts, as the best supported and finest, in Switzerland. In addition there is the St. Moritz lake, lying at the foot of the village, for the use of horse and ski-running combined, in the so called Skikjöring, which has called up a race course where even now, sporting contests of the first rank are carried out.

To what has been mentioned, we add the pleasure of a number of Winter walks, which allow every-one whether he take part in sport, or not, to enjoy the abundance of the sunlight. The fact of there being magnificently constructed roads makes it possible to take long excursions, in every direction, in comfortable sleighs with ample furs. We also note the excursions with the funicular and electric railways to the most wonderful points up to a height of 2300 mt (7500 ft). Thence we may look on a world-famed high mountain scene. Is it untrue that St. Moritz can hardly find a rival in Europe?

He who is still sceptical can enter the wide halls, spacious vestibules, and magnificently decorated rooms in the evening, and look on the activity of a world which knows how to banish boredom. Why have all these people, many holding well known names and positions, all of the greatest refinement and comfortable conditions, lost themselves in Winter in this valley of the high mountains, so shut off from the world? — Indeed why?

Pastor C. Hoffman, St. Moritz.

The neighbourhood of St. Moritz is extraordinarily rich in easily accessible excursion points; one much visited goal of the ski-runner is the small romantically situated Statzer lake, in the midst of the forest on the footpath from St. Moritz to Pontresina and distant about half an hour from each place.

Sport.

Toboggan runs: Village, 720 mt. — Gully. Kulm Children's. — Cresta road. — Chantarella-Salastrains-Meierei. — Waldhaus. — Suvretta.

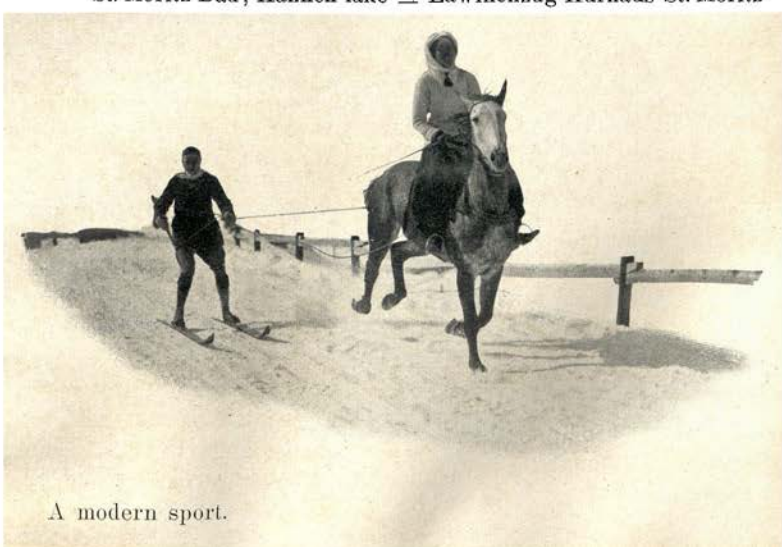
Bobsleigh runs: Cresta, 1600 mt. — Kurverein, 850 mt.

Skeleton runs: Cresta, 1208 mt. — Kurverein Dimsom, 500 mt.

Ski-sport: Practising and touring districts. The far famed Julier jumping platform. Further ski-platforms in Badrutt Park and Salet.. Ski-runs in Badrutt Park, Salet, Meierei Alpina Salastrains etc. Race course for skikjöring on the St. Moritz Lake.

Short tours.

From St. Moritz-Dorf to: Alpina = Somplatz-Campfér high road; Aromesti-Salastrains = Alpina-Somplatz-Chavalus-St. Moritz-Bad; Aromesti-Salastrains Alp Giop = Chasellas-Somplatz-St. Moritz-Bad; Alp Nova-Sass Ronzöl = Alp Laret-St. Moritz; Alp Giop to the foot of Piz Nair = Sass Ronzöl-Alp Laret-St. Moritz; Salet- over the Innbridge-Lej Nair and back to St. Moritz-Bad; Hahnen lake = Lawinenzug-Kurhaus St. Moritz-



A modern sport.

Skikjöring.

Bad; Hahnen lake-Quellenberg = Drosa plauna-Stahlbad; Stahlbad-Alp da Statz = Statzer lake St. Moritz; Stahlbad-Alp da Statz-Muottas da Celerina = Meierei; Statzer lake-Pontresina-Muottas-Muraigl = Belvoir; Ley Nair = Surlej Silvaplana.

Longer tours (Day excursions).

From St. Moritz-Dorf to: Alp Laret-Val Saluver-Fuorcla-Suvretta = Valetta da Samaden-Spinas (from Spinas by rail to St. Moritz); Alp Laret-Val Saluver-Fuorcla-Suvretta = Suvretta lake-Chasellas-St. Moritz; Alp Nova-Piz Nair (3062 mt) = over Alp Giop-Oberalpina-St. Moritz; New Ski hut "Corviglia" (2550 mt) at the foot of the Piz Nair. Val Suvretta-Piz Nair = Sass Ronzöl-Alp Laret-St. Moritz; Alp Giop-Piz Nair = Suvretta lake-Bevers valley-Spinas (from Spinas by rail to St. Moritz); Suvretta lake = Bevers valley-Spinas; Alp Suvretta-Piz Suvretta (3074 mt) = Vadret Traunterovas-Bevers Valley; Suvretta lake-Julierfürkli = Julier pass-Silvaplana-St. Moritz; Suvretta Valley = Albana-Campfér-St. Moritz; St. Moritz-Hahnen lake-Piz Corvatsch = return same way; Hahnen lake-Fuorcla Surlej = Roseg Valley-Meierei-St. Moritz or as you came: Sils (Skikjöring), Sils-Fextal (Ski-running) = Sils; Maloja (Skikjöring), Maloja Forno glacier (Ski-running) = Maloja; Berninahäuser-Diavolezza = Morteratsch glacier-Pontresina-St. Moritz; Alp Statz-Roseg valley-Tschierva hut and return.

The greatest heed should be taken of the notices of avalanche dangers.

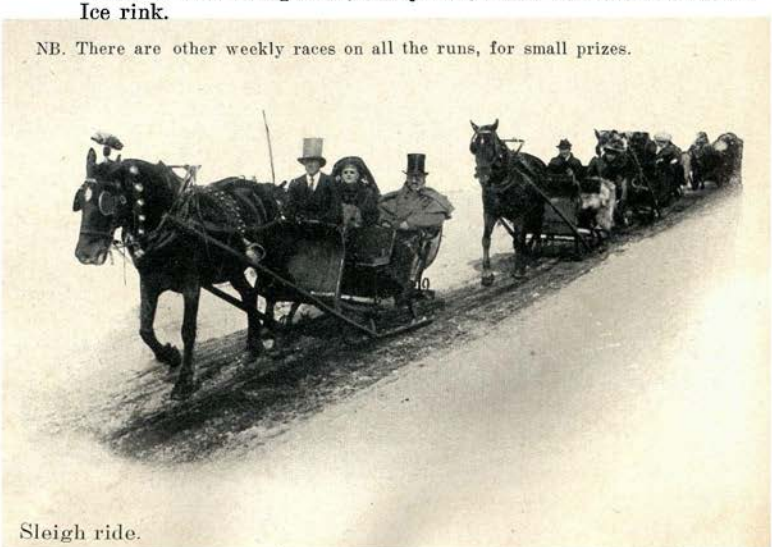
Ice sport: Race course on the lake. — Rink on the lake. Kurverein Ice rink 12 000 m². — 14 other ice rinks belonging to the hotels, also for Bandy and Curling. — The following lakes are also much used for skating: in November, Lej Falcum, Lej Marsch, Statzer; in December, St. Moritz, Campfèr, Sils, Silvaplana (always according to conditions of snow).

Clubs and Societies: Tobogganing club. — Bobsleigh club. — Bandy club. — Curling club. — St. Moritz ski club. — Alpina ski club. — Racing society. — Riding section St. Moritz with its own riding hall. — Skikjöring club. — Skating Association. Indoor amusement clubs in the larger hotels (for the arrangement of all festivities.) — Winterkurverein of St. Moritz.

Principal Sporting Events and Festivities.

Grand National. Principal Race on the Cresta Run. Races for Lord Ashbourne, Challenge, de Forest, Cresta and other Cups on the Cresta Run. Toboggan races on the Dimsom Run, for the Kurvereins Challenge Cup, Gymkhana races on the Village Run. Bobsleigh Prize races (various). Bandy matches. Inter hotel and International. Curling matches. Inter hotel and International. Figure skating on the different Ice rinks. Ice Carnival of the Kurverein. Ski-festival with competiton races. Great horse race on the lake. Childrens weekly competitive races, on the Village run, Gully run, Kulm run and Kurverein Ice rink.

NB. There are other weekly races on all the runs, for small prizes.



Sleigh ride.

A Skikjöring Party.

Accommodation.

Hotel Albana. — Open the whole year. Modern erection with all comforts. 100 beds. Café-Restaurant. Finest wines. Pilsner Kaiser-Quell, Munich Löwenbräu. Moderate prices.

Hotel Caspar Badrutt. — High class Family Hotel. 80 beds. Renovated and enlarged 1912. Up-to-date conveniences. Private ice-rink.

Hotel Bernina Villa Libertà. — 70 beds. Newly furnished. Electric light. Central heating. English sanitary conveniences. Baths. Private suites.

Hotel Calonder. — Family hotel 1st rank in magnificent sunny situation. Modern comfort.

The Carlton of St. Moritz. — Situated in elevated, very sunny position, overlooking the lake, near sporting centre. 200 beds. Latest comfort. Every room with bath or dressing-room. Fine ball-room. Large private ice-rink. Opening December 1913. Management: C. Manz.

High Alpine Convalescent and Dietetic Institution. — Above the village in an open, peaceful, sunny situation. Air and Sun baths. Opportunities for sport. Prospectuses from the management.

Hotel Engadinerhof. — Old and well known house 1st rank. Specially arranged for the Winter. Suites with bath and all conveniences.

Grand Hotel St. Moritz. — 400 beds. Fashionable house newly opened in 1905. Private suites. Vacuum Cleaner. Daily concerts.

Hotel du Lac. — 400 beds. 40 private suites with bath and all conveniences. Central heating. Billiards. American bar. Electric light. Lifts. Vacuum Cleaner. New and elegant hall. Prop. B. B. Diethelm.

Hotel Monopol. Newly built, up to date hotel in the centre of the sporting arrangements. All modern comforts. Suites with bath. Large and fashionable restaurant. Prop. R. Lips.

Hotel National. St. Moritz-Bad in very-quiet sunny situation. Lately re-built for the Winter traffic. Central heating, baths &c. Prop. Fr. Wissel.

New Rosatsch-Hotel. — 70 beds. Newly built. Pleasant comfortable. Central and sunny position. Confiserie and Tea room I. R. 5 o'clock concerts. E. Haas.

Palace Hotel. — Hotel de Luxe, greatly enlarged and renovated in 1913. Private skating and curling-rinks. Best Swedish skating Professors. New covered Tennis-court.

Private Hotel. — First class Family-hotel opposite the Palace Hotel. Sunny situation with magnificent view of the lake and mountains. 48 beds. Appartments with private baths. Badrutt, Knaus & Cie.

Savoy Hotel. — 1st rank in centre of the village. Magnificent view of lake and mountains. Electric light. Central heating. Moderate prices.

Hotel Steffani. — Old and well known family hotel in sunny, open, high situation. Arranged on modern methods. Summer and Winter season. Omnibus at station. Prop. P. Steffani-Stoppani.

Hotel Suvretta-House. — Opened Dezember 1912. Magnificent position with its own sport fields and arrangements. Up to date in every way. A. Bon, Manager.

Pension Restaurant Stazer lake. — 30 minutes from St. Moritz. Sunny position with immense panorama, ice rink. Toboggan run. Ski fields. Strongly recommended for families.

Hotel Waldhaus. — Family Hotel, re-built 1910. Beautiful sunny position. 5 minutes from station. Summer and Winter Sport. Lift.

Hotel Westend. — Open the whole year. Beautiful views of lake and mountains. In sunny situation.

Pension Kühne. — 15 beds. Open the whole year. Central heating. J. Rungger-Corays heirs.

Restaurant and Confiserie "Meierei". Rendez-vous of the Sport-World of St. Moritz.

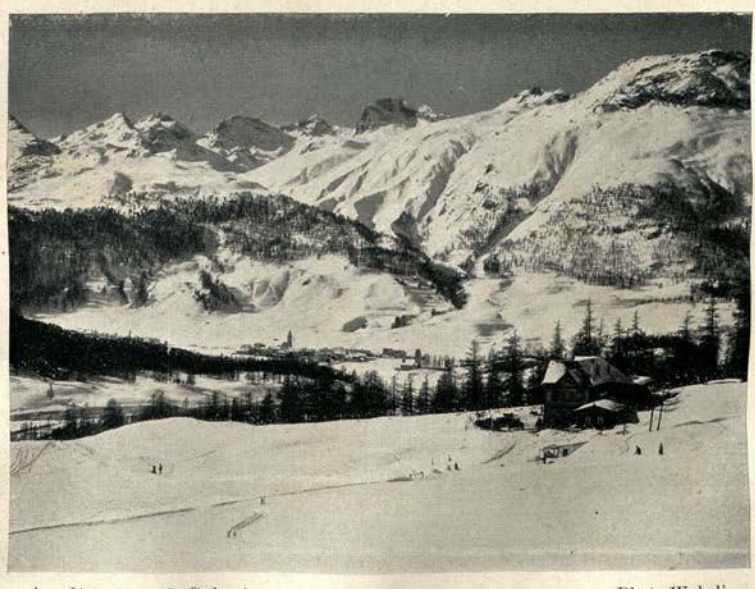
Bandy. A Moonlight Game. Phot. Willy Schneider.

Celerina.

1724 mt (5652 ft) above sea level.

The last station of the Rhaetian Railway, before St. Moritz, is the typical Graubünden village Celerina, famed, especially, as the finishing place of the Cresta skeleton run. The village, an independent Winter sporting centre, as well as a boarding place for sporting people who, preferring to stay outside St. Moritz, yet wish to join in the social life of that place, has a number of first class sporting grounds within its borders. The best known are — the already mentioned Cresta run, and the new Cresta-Celerina bobsleigh run, both of which are erected, and maintained, by the St. Moritz Kurverein. Ice sport can be carried on in its full entirety, besides skating, bandy and curling, on special rinks. A first rate tract lies at the disposal of the ski-runner. Fixed ski-courses, with experienced teachers, make a visit here useful to beginners.

The hotels of Celerina are of the first class, and provide a high standard of evening entertainment in their own rooms.



A glimpse of Celerina. Phot. Wehrli.

Sport.

Toboggan run: Toboggan run 2,5 km.

Bobsleigh run: Bob run Cresta-Celerina.

Skeleton run: Cresta run.

Ski-sport: Practising tracts in the neighbourhood. — Ski-courses. — Tours-Plateau Cristolais, Statzeralp, Alp Laret, Val Saluver.

Ice sport: 3 ice rinks, bandy and curling.

Clubs and Societies: Celerina Ski Club, Caledonian Curling club, St. Moritz Bobsleigh Club, Kurverein.

Samaden.

1728 mt (5665 ft) above sea level.

Samaden is not only politically and geographically, the capital of the Engadine, but commerce and industry likewise find their headquarters here. It lies on the left bank of the Inn and at the Eastern foot of Piz Padella, in the broadest part of the Upper Engadine. It is a station on the Rhaetian Railway, 10 minutes distant from both St. Moritz and Pontresina. The post starts from here to the lower Engadine, and

Samaden. Phot. E. P. C.

Samaden, Skating-rink.

over the Maloja. The climate and other natural conditions, predestined Samaden for an excellent resort, for quiet sport loving people, who wish to stay near St. Moritz. The village is certainly one of the most sunny Health Resorts of the Engadine (7 hours in the shortest days) and its landscape beauties are sublime. There is, above all, the famous view of the Bernina group, which ever stands before ones eyes, in all its glory. Over from Maloja the soft snow cap of the Margna greets one, and up from the valley, the rigid rock teeth of the Crasta Mora, gape into the Engadine sky, which is almost always of an Italian blue.

Samaden commands a very superior ski-tract. Besides the very popular ski-excursions, during the season, bandy matches, toboggan races, curling competitions, tailing parties Skikjöring, Gymkhana Games, Waltz competitions, Ski Races etc. are arranged. An orchestra plays daily, either on the large ice rinks, or indoors in the hotels, where also the evening entertainments are well cared for.

Sport.

Toboggan runs: Snow run 0,9 km. — Ice run 1 km.

Ski-ing sport Tours: Val Bevers, Rosegtal Morteratsch, Muottas-Muraigl (Funicular), Cristolais, Muntarütsch, Berninahospiz, Heuthal, Diavolezza etc.; as well as to the huts: Bovalhütte, 2100 mt; Mortèlhütte, 2000 mt; Jenatschhütte, 2300 mt; Tschiervahütte, 2800 mt; Rascherhütte, 2500 mt. Skikjoring to Zuoz or Maloja. Courses for practising for beginners and children.

Ice sport: 3 rinks of 1600, 2800 and 6000 m^2 ($^3/_8$, $^5/_8$ and $1^1/_2$ acres). Bandy and Curling. Public rinks. Pedretti, Ariefa. Tailing-Parties to Val Roseg, Sils Lake &c.

Clubs and Societies: Bandy Club, Curling Club, Skating Association, Ski-Club, Improvement Society with Information Office.

Accommodation.

Hotel Bellvue. — Well known house in a beautiful situation on a plateau close to the station. Extensive views. Central heating and elec. light. Open the whole year. Every attention. Propr. J. Liss.

Hotel Bernina. — High class family Hotel. Suites with bath and all conveniences. Summer and Wintersport.

Muottas-Muraigl near Samaden.

2456 mt (8052 ft) above sea level.

From Punt Muraigl, a station of the Rhaetian and Bernina Railways, an electric funicular line runs to the snowy, forest

From the terrace of Muottas-Muraigl.

free summit, Muottas-Muraigl, rich in snow, perhaps the most well known view point of the Upper Engadine. The outlook from the higher station includes stretches over the whole Alp district, and all the Engadine lakes as far as Maloja. The formation of the broad summit makes it an extensive ski-field, from which also journeys may be made to Pontresina, Samaden Celerina and so forth. At the upper station there is a hotel and restaurant. Muottas-Muraigl is an excellent object for an excursion, for lovers of nature, as well as for ski-runners and is already a favourite resort for the guests of the Winter sport centres.

One reaches the lower station of the Muottas-Muraigl funicular from St. Moritz by the Bernina railway in 10 minutes, from Celerina by the Bernina railway in 5 minutes, Samaden by the Rhaetian railway in 6 minutes, Pontresina by the Rhaetian railway in 6 minutes.

The mountain ride takes 25 minutes in Winter, about ten trains being run each way daily. In times of an extra large snowfall, the connection may be stopped for a short time, during the work of clearing.

Pontresina with the Julier Chain.

Pontresina. Phot. Wehrli.

Pontresina.

1803 mt (5910 ft) above sea level.

As a Summer Health Resort, Pontresina has enjoyed a world wide fame for more than 50 years. Through its great height it has all the Winter advantages, and absolutely does not know those evils that are in the lowlands, damp cold and wet. The place is absolutely protected from rough winds, on the one side by the Languard chain, and on the other by the Bernina group. Even the greatest cold is scarcely perceptible, for the air is pure and dry, at least so the inhabitants mostly represent. When, about 9 o'clock in the morning, the sun sends its rays over the surrounding mountains into the village, every one feels at once the necessity of being in the open. In a few minutes the whole colony hastens out in elegant sporting costumes, in this glorious Winter district favoured by a clear blue sky.

The pleasures in the open are innumerable. On the faultless ice rinks, some of which are close to the Hotels in the midst of

the Health Resort, and which are under the most attentive care, skating developes before everything else. Beginners and experts travel over the smooth flat suface, draw figures of every kind, and not least they welcome the dance, which is accompanied by an excellent orchestra.

The sons and daughters of Albion play, with enthusiasm, bandy and curling for which special places are provided. Tobogganing is enjoyed by young and old, well maintained runs are very near the village, and answer all requirements. The bobsleigh run especially, has great attractions and on it, the competitions usually got up by the Kurguests, form the climax of enjoyment. The sport of ski-running becomes later a companion of tobogganing, and, for this, Pontresina is as if created for it. The gently sinking slopes round the place, offer to beginners of this healthy sport the best fields for practice, while the more advanced ski-performers undertake longer journeys into the more distant valleys. What a glorious pleasure is such a tour into the Roseg valley, or up to the Bernina pass height, over the Diavolezza or the Morteratsch glaciers. Those who care less for sports, are daily allured by sleigh drives with two or four horses.

Bound up with all the sporting events in the open, are sociable entertainments of every description both in the evening and when bad weather keeps the visitors in the hotels. Here guest becomes better acquainted with guest, and a merry unconstrained life is unfolded. Balls, concerts, theatricals — mostly performed by the Kurguests — are the regular characteristics of these Winter evenings in our Alpine valley. The hotels are comfortably arranged in every way, and have special rooms for such occasions.

Above the Bernina Hospice (2245 mt) safely and proudly, the electric Bernina Railway climbs out of the Engadine from St. Moritz via Pontresina through the radiant high mountain majestic snow peaks and immense glaciers down into the sunny Southern Puschlav.

A popular object of excursions for Winter guests of Pontresina, St. Moritz and Samaden is Belvoir above the station Punt Muraigl (Bernina Railway) in the midst of ideal ski-fields. In its restaurant the world of sport makes a rendezvous.

Phot. Küpfer.

Winter's Bridal Robes.

Bernina Road.

So, in Winter also we may live happily in Pontresina, and it is not to be wondered at, that this health centre entertains from year to year a greater number of sport lovers from all countries. He who has seen the valley in the Winter sunshine will not easily forget it, and will foster the sincere wish: Au revoir!

Sport.

Toboggan runs: From the Church to the station 0,7 km. Clücks to station 1,7 km. — Laret-Flatzbach, 0,6 km. Belvoir 1,5 km.

Bobsleigh run: Clücks to station, 1,7 km.

Ski-sport: Jumping Platform Bernina in Rosegtal. — To Roseg restaurant (3½ hrs. there and back). — Tschierva hut of S. A. C. (6 hrs.). — Restaurant Morteratsch (2½ hrs.). — Boval huts (7 hrs.). — Diavolezza (7 hrs.). — Bernina Hospice (4½ hrs.). Alp Grüm (5½ hrs.). — Muottas-Muraigl (funicular). — St. Moritz through the Statzer Wald. — To Belvoir. — To Celerina and Samaden.

Ice sport: Ice rink of Kurverein. — Four private rinks. — Bandy curling.

Clubs and Societies: Pontresina Ski-Club. — Improvement Society.

Accommodation.

Schlosshotel Enderlin. — 200 beds. House of the first rank Summer and Winter season. Pension from fr. 15.— Suites.

Hotel Kronenhof and Bellavista. — House of the first rank which all modern comfort. Prop. L. Gredig.

Hotel Pontresina. — First-class hotel. Magnificent situation. Full South. 150 rooms and apartments with bath. Central-hot water-heating in every room. All kinds of Winter-sports.
H. Beck, Manager.

Pension Villa Collina. — All modern comfort.

Restaurant Belvoir. — Near Pontresina in most sunny position with fine broad toboggan run and magnificent ski-fields.

Hotel Bernina-Hospice. — Wintersport. Popular excursion point by the Bernina railway. Good kitchen, genuine wine. Post, Telegraph, Telephone. Prop. H. Nicolay-Wedrosy.

Ponte.

1694 mt (5420 ft) above sea level.

Ponte, lying at the starting point of the Albula road ½ hr. from Bevers station, has, since the Winter of 1912—13, entered into the ranks of Winter Sport Centres. Ponte, since the Summer of 1913 station of the new electric railway line Bevers-Schuls-Tarasp, is especially fitted for a quiet stay for friends of Sport, and as a Winter health place for moderate demands. It offers beautiful ski-fields in a sheltered and most suny situation.

Sport.

Ski-Sport. — Good district on all sides. — Ski-tour Albula Pass to Preda 17,2 km.

Bevers.

1710 mt (5607 ft) above sea level.

The handsome village of Bevers, the first station of the Rhaetian Railway entering the Engadine from Chur, may be chosen as the starting point for a number of ski-tours, which justifies its inclusion in this book. The village is overtopped by the wildly toothed Crasta Mora. From Bevers, Samaden is reached in 5 minutes, Pontresina in 20 minutes and St. Moritz, the centre of the Winter sports of the Engadine, likewise in 20 minutes. Bevers is the commencement of the new line Bevers-Schuls into the Lower Engadine. The Hotels are open in the Winter.

Sport.

Ski-sport: Practising tracts in the neighbourhood. Tours in the Bevers valley; to the new Jörg Jenatsch hut (2650 mt, 8480 ft); to the Err group; from the hut to the Fuorcla, Piz d'Agnelli Julier Hospice and Silvaplana or Stalla; to the Bevers valley (Alp Suvretta) Suvretta Tali St. Moritz.

Zuoz.

Zuoz-Castell.

1712 mt (5613 ft) above sea level.

On a plateau, inclined to the South, being on the left side of the Upper Engadine, and a station of the Rhaetian railway, lie the houses — typical old Graubünden buildings, side by side with modern palaces — of the well known mountain village of Zuoz. The fame of its high Alpine Gymnasium "Engiadina" and the Hygienic school Villa Bellaria have a reputation outside as high as in Zuoz itself, as cureplaces for those in need of health, for convalescents, and for those whose nerves are unstrung etc.

Then Zuoz is remarkably well sheltered from the North wind, and from fog. Its sunny position, which even on the shortest days allows sunshine for six hours, is an excellent curative agent. Added to this, are all the other climatic superiorities which the Engadine has to offer its Winter guests, temperature, dryness and purity of air etc. Hence one realises the fitness of Zuoz for a Winter stay. The value

too of a sun bath cure, under the care of a specialist doctor has long been acknowledged.

With regard to sport, Zuoz is very specially to be recommended as a station for expert ski-running, although there are plenty of opportunities for the inexperienced to enjoy the sport. Magnificent tours to summits and over passes, draw ever more and more to Zuoz the real sportsman, who does not want merely to glide over slopes. Skikjöring is also much exercised here. A number of smaller toboggan runs, a bobsleigh run, an ice field in front of the Hotel Konkordia, are maintained as well with all care.

In spite of its proximity to St. Moritz (1 hour) with the international intercourse there, the sporting and social entertainments of Zuoz itself are very diverse. They are greatly brought about by the boys and girls of the establishments there, who include a certain amount of Winter sports in their programme with many competitions and games.

Sport.

Toboggan run: Many runs quite close. 1—2 km.
Bobsleigh run: A bobsleigh run by the village 1—2 km.
Ski-sport: Widely stretching slopes and meadows in the neighbourhood. Tours-Alp Belvair, Acla Perini, Alp Lavirum and Kamogask valley, Casanna valley, Albula-Hospice-Preda. — Skikjöring.
Ice sport: Ice run near hotel Concordia.
Clubs: Ski-Club. Improvement Society.

Accommodation.

Kurhaus Castell. — 120 beds. Medical management. Physical-culture. Therap. First-class convalescent-home. Large terraces. Lift. Hot-water-heating, Hydrotherapeutics. Massage. Air and Sunbaths. Natural park. Forest. Prop. Herm. Gilli & Co.

Hotel Koncordia. — 80 beds. Central heating. Moderate terms. Propr. G. A. Gilli.

Fetan.

1338 mt (4386 ft) above sea level.

The Lower Engadine is joined since its opening on the 1st of July to the Rhaetian railway-line: Bevers-Schuls-Tarasp and therefore reached in a few hours only from Chur or from Landquart. Its highest situated villages and chief of all Fetan which appears for the first time in the list of winter sport centres in winter 1913/14 are remarkable by their favourable circumstances for snow and sun.

Fetan offers in its open terrace-like situation many advantages for wintersport. Ski-runners find magnificent grounds for practice on extensive hills sloping towards the Inn, while behind the village towering high mountains offer the opportunity for shorter and longer tours.

For tobogganing sport comes especially into consideration the former post road to Schuls.

Sport.

Toboggan runs: Fetan-Schuls 3 km.

Ski-sport: Wide ski district. Tours: Muotta Maluns-Champatsch-Sent; Tasnapass-Heidelberger-Hütte (Clubhut); Alp Laret-Val Tasna-Fetan; Piz Clünas; Alp Laret-Muotta Naluns-Flöna-Fetan. Numerous Alp huts 2000—2500 mt.

St. Moritz-Campfér.

1829 mt (5966 ft) above sea level.

The village of Campfér, lying picturesquely between mountain and lake, and reached by sleigh from St. Moritz in ½ hr., from Maloja in 1½ hrs., exhibits an animated Winter life. Not only the proximity of the world famed sporting place, but also its own advantages, such as a sunny position sheltered from the wind, a wide stretching ski-ing district especially in Chasellas, and not least the good opportunities for tobogganing and ice sport, make Campfér a greatly visited sport centre. In picturesque scenery Campfér is inordinately rich, and the view of the Campfér and Silvaplana lakes with their wreath of mountains is one of the finest of the Upper Engadine.

In its own entertainments Campfér has less to offer, although the first class sporting competitions and social pleasures in St. Moritz can be easily partaken by residents here.

View of Campfér and Silvaplana. Phot. Wehrli.

Sport.

Toboggan runs: Campfér owns two runs, 0,8 and 0,6 km long.

Ski-ing: In the neighbourhood faultless Ski-districts. New Ski hut Suvretta in the Suvretta valley. Tours: Albana-Albanella, Suvretta-Spinas, Alp Giop-St. Moritz, Johannisberg-Hahnen-lake Fuorcla, Surlej-Rosegtal-Pontresina, Surlej-Silvaplana Alp-Fextal-Sils-Maria, Jörg Jenatsch-Huts in the Bevers valley. Ski hut "Suvretta" in the Suvretta vally (2600 mt), 2½ hours from Campfér, 3 hours from St. Moritz-Dorf.

Ice sport: Two rinks in the village.

Clubs and Societies: Suvretta-Ski-Club. — Rescue station of the S. A. C.

Accommodation.

Hotel Campfér. — Lovely, peaceful, sunny position. Numerous magnificent promenades in the woods. Well reputed house with modern comfort. Summer and Winterstation. Prop. J. Mark.

Hotel Julierhof: 120 beds. Modern comfort. J. Arpagaus.

Silvaplana.

1815 mt (5950 ft) above sea level.

Between the two lakes of Silvaplana and Campfér, on a crooked plain, formed by the obstruction of the Julier water fall extends the charming Silvaplana some small houses opposite forming the little village of Surlej. From both points, the nature lover has before him a sublime alpine panorama which in Winter, in consequence of its icy stillness, strikes all the more solemnly upon the onlooker. Silvaplana has post communication with St. Moritz four times daily, the latter forming naturally with its entertainments the chief resort of the Silvaplana guests. But also the Winter sport centres of Campfér, Sils-Baselgia, Sils-Maria and Maloja offer much appreciated excursions, and there exist in the Engadine the most many sided entertaining arrangements between the guests of the Winter sport stations. The beauty of the district of Silvaplana, the nearness of the lakes, and the traversibility of the footpaths, attract every year to this region not only sport people, but also a great number of invalids, and friends of Winter nature.

The hotels undertake to fulfil all demands for a thoroughly comfortable Winter life.

Sport.

Toboggan and Bobsleigh runs: Run on the Julier-road, 2 km.

Ski-sport: Julier jumping platform. — The district is excellently suited for ski-ing practice, especially the slopes on the Julier. Also for longer tours, such as into the Julier valley, and the Fuorcla-Surlej, Silvaplana is to be recommended as a starting point.

Ice sport: Silvaplana Lake, where there is a surface kept free from snow.

Clubs and Societies: Winter-Kurverein, Ski-Club.

Accommodation.

Hotel Engadinerhof (formerly Wildmann). — Comfortable new house. Central heating. Electric light. Own ice rink. Moderate prices. Prospectus.

Hotel Post and Riv alta. — Well furnished house. Moderate prices. Prospectus. Prop. P. Heinz.

Hotel Sonne. — With newly constructed dependance. Open sunny situation. Modern comfort. Central heating. Café-Restaurant. P. Kieni, Prop.

In the Engadine. Phot. Küpfer, St. Moritz.

The Church of Sils.

Sils in the Engadine.

Sils-Baselgia 1801 mt (5904 ft); Sils-Maria 1812 mt (5940 ft) above sea level.

At the East point of the Sils Lake, 1¼ hrs. by post from St. Moritz stands the Winter resort of Sils, composed of two distinct groups of houses, the parts being called Sils-Baselgia and Sils-Maria. The Sils Lake naturally covered with ice during the Winter, the snow covered woods, through which flows the river Inn, here still young, and the Fexbach with its merry cascades, also the magnificent view of the Alps, make the position of the place exceptionally charming. The Winter life is principally concentrated in Sils-Baselgia, which lies 10 minutes distant from Maria at the exit of the Inn from the lake.

Besides the ice surface of the lake kept free from snow, the hotel Margna has an artificial ice rink near the house. A toboggan run 800 mt (850 yds) long, and a wide stretching ski-tract serve the other kinds of sport. The proximity of St. Moritz often draws the guests there, in order to take part, actively or as onlookers, in their first class opportunities for Winter sport. On the other hand, the St. Moritz visitors constantly

make excursions to Sils. In Sils Maria one Hotel caters for accommodation in the Winter.

From Sils-Baselgia the post goes to Maloja in ¾ hr.

Sport.

Toboggan and Bobsleigh run: Run Larethügel-Baselgia, 0,8 km.

Ski-sport: Practising district in the neighbourhood. Tours in the Fex valley, Sils Alps, Alp la Motta, Forno glacier. Forcellina.

Ice sport: Sils lake throughout, till the fall of snow, then one cleared part. — Artificial rink at Hotel Margna.

Clubs and Societies: Sils Baselgia Ski-Club.

Accommodation.

Hotel Margna (Sils-Baselgia). — Every comfort. Numerous public rooms. Electric light. Up to date sanitation.

Maloja.

1817 mt (5956 ft) above sea level.

The last Winter station in the Upper Engadine, is the mountain village of Maloja (2½ hours by post from St. Moritz), from which the lowest Alpine pass between Switzerland and Italy

Maloja. Phot. Wehrli.

has taken its name. It lies at the West end of the Lake of Sils.

From near Maloja one enjoys a magnificent view into the deeply precipitous Bergell valley, and of ice fields, near at hand, of the mountains towering to the sky. The great beauties of this neighbourhood may have been the factor that induced Segantini to take up his abode here, where he lived and now lies buried. The wondrous and varied charms of the Alps round Maloja, inspired this artist and Winter lover, in his imperishable works.

From Maloja several ski-excursions may be untertaken. The road from Maloja to Vicosoprano, with its windings round rocks and mountain slopes, is certainly one of the most interesting toboggan runs. Besides this there is installed a special toboggan run called the Maloja run. An ice rink has been formed in the village. Very recently several Hotels have prepared for Winter accommodation. During the season Toboggan and Bobsleigh races, ski races and figure skating competitions are instituted. Maloja is a much visited excursion point for toboggan trips and skikjöring parties.

Sport.

Toboggan runs: Post-road Maloja-Casaccia 5,4 km. — "Maloja-Run".
Ski-sport: Good practising country. Ski-tours in Forno district (Forno huts). Skikjöring parties. Ski races.
Ice sport: Sils lake. Artificial ice rink.
Societies: Improvement Society.

In the Bergell.

Vicosoprano.

1071 mt (3511 ft) above sea level.

Vicosoprano adjoins the highly romantic Bergell Valley (through which flows the Mera) at the Southern starting point of the Engadine, stretching from Maloja to Chiavenna. The well built imposing village is reached by post from St. Moritz over the Maloja pass and already the inhabitants here speak Italian.

Vicosoprano, the former chief-business-place of the valley, is the centre for the traffic and the chief poststation of the Bergell for the post routes to the Engadine and vice-versa from the Engadine to the Italian lakes. By the mild,

subalpine climate and the beautiful, sheltered situation the place is valued as a starting station for higher situated places. For practising wintersport there are excellent Ski grounds, Bobsleighing on the Bobsleigh run Maloja-Casaccia to Vicosoprano. For the ski-runners the Septimer 2311 mt (7695 ft) and Lunghin offer a fine territory. The Club Huts of the S. A. C. on the Albigno and on the Forno glacier may also be reached from there in the Winter.

Sport.

Toboggan runs: Post road Maloja-Vicosoprano, 12 km. — Casaccia-Vicosoprano, 7,5 km.

Bobsleigh run: Maloja-Casaccia, 5 km.

Ski-sport: Territory in the neighbourhood of the village. Tours to Maloja, Septimer, Lunghin, huts on the Albigna glacier, huts on the Forno glacier.

Ice sport: An ice rink in the village.

Accommodation.

Hotel Helvetia and Neue Post. — Family Hotel. Modern comfort. Magnificent position near woods. Summer and Winter season. Repaying excursions. Winter-sport.

Casaccia.

1460 mt (4787 ft) above sea level.

At the opening of the Valley of Marozza 7 kilometers above Vicosoprano at the Malojapass lies the village of Casaccia. Near to it are large ski grounds, and on the post road Maloja-Casaccia bobsleigh sport is practised.

VIII.

Winter in the South of Switzerland.

When we speak of Winter life in Switzerland, we must not omit the Southern Health Resorts on the Upper Italian lakes; and also the Swiss Health Resorts, with their mild climatic advantages, round the lake of Geneva and, certainly, though in a very limited sense, on the lake of Thun and the lake of the Four Cantons. Although all these hardly come into consideration for real Winter sport and its excercise in the place and its immediate neighbourhood, yet they eminently effect the Swiss Winter traffic by means of their extraordinarily temperate climate, as rest places for prolonged, or passing stay, or as halting stations, or by their proximity to and convenience for the sport centres.

It is exactly a part of the immense success of Switzerland as the land for travel, par excellence, that, through its geographical conditions, it is able — assisted by the mighty dividing wall of the Alps — to accommodate its visitors with the greatest care at all seasons of the year.

Our Southern Winter Health Resorts and Spring stations, are well known; and names like Lugano, Locarno, Montreux, Territet etc. have a great reputation in all foreign countries. To these excellent Winter Centres belongs also Bex in the Vaud Rhone Valley 4 km W. of St. Maurice. The Spring and halting stations on the lake of the Four Cantons, Brunnen,

Gersau, Vitznau, and also Thun, Oberhofen, Hilterfingen and others on the lake of Thun, likewise enjoy an ever increasing popularity, when the thaw threatens to come in the high valleys. Certainly then the latter places do not stand adorned in flowery dress, but the mild air, the first laughing Spring sunshine, and a lively fashionable life are also remedies, which are able to banish disappointment on the return from the alpine Winter to the as yet damp lowlands shrouded in fog.

For this reason we have included the most important places in Winter life in Switzerland, as however we have already mentioned a number of these in connection with the Winter-sport districts, we will only speak here of the chief climatic Winter stations in the South of Switzerland.

Lugano.

276 mt (905 ft) above sea level.

In Winter, when with us as yet in the North, the sky is wrapped in grey and the country is white, there awakens in some people a longing for the "sunny South." But only a small portion of travellers can think then of the costly Riviera, far more connect these thoughts with the South of Switzerland, and especially with the Canton of Ticino, and the Upper Italian lakes which Italy shares with Switzerland.

Lugano, the capital of Ticino, is certainly exceptionally

Lugano and Monte Salvatore. Phot. Wehrli.

Lugano and Monte Brè.

convenient and easily reached from the North by the Gotthard railway, the journey from Zurich or Lucerne taking about 6—7 hrs.

From the station, situated on a height and connected by a funicular with the town, which has a population of 14,615, and lies like an amphitheatre round a fine bay, a magnificent outlook is to be obtained. The whole panorama of Lugano lies in a wide circle before the wandering enchanted eyes with the varied outlines of the surrounding mountains. These stretch from Monte Salvatore, rising aloft, free and dome shaped, up which can be traced the threading track of the funicular line, to Monte Generoso, Monte Caprino, in the Cassarate valley, to Porza and on to the lovely Capriasca and the stern Camoghè.

But the town itself is the chief attraction, especially old Lugano, which in the centre with its narrow streets, fine squares, its balconies and shady colonades, its lively, free and easy southern people carries quite an Italian character.

The view, too, into the new town, is also most pleasant; with its villas on the slopes or by the lake, surrounded by gardens and parks, decked in Southern vegetation.

Worthy of mention, too, in Lugano, is the town theatre with the Kursaal added to it, in which entertainment and amusement is always well catered for.

Lugano has, in its hotels and pensions, over 4500 beds. It is evident from this number how popular are its landscape beauties, and how much sought after is its agreeable, and always mild climate.

The town's weather and temperature chart from the Swiss Meteorological station in Zurich speaks so favourably for Lugano, that no one can be surprised at its popularity. With regard to clear days and the number of hours of sunshine Lugano has the first place in Switzerland.

And nature! The inexhaustible beauties of the shores of the changing wonderful lake of Lugano, which ever opens a fresh recess where one had expected the end; the mountain domes and peaks to most of which run mountain railways; the blue sky above these with their stimulating abundance of ever new impressions, make a stay here extremely pleasant and entertaining.

Visits to the district round are facilitated, first by the regular traffic of a fleet of twelve elegant and comfortable boats of the Steamboat Company.

From Paradiso, the foreign suburb of Lugano, an electric funicular cogwheel line runs up to

Monte San Salvatore (914 mt a. s.).

With a maximum gradient of 60 %, the railway overcomes the difference in height of 603 mt (1930 ft). This enjoyable journey lasts 30 min. Soon after the start a glorious view discloses itself of the glistening lake basin, the town of Lugano and the charming valley district. Half way up appears the mighty glacier crowned Monte Rosa, and which each metre upwards opens a wider view of magnificence. Near the Restaurant the eye glances from the view point above on the magnificent outlook and as it sweeps over by the Pilgrims chapel it is dazed by the far extending panorama.

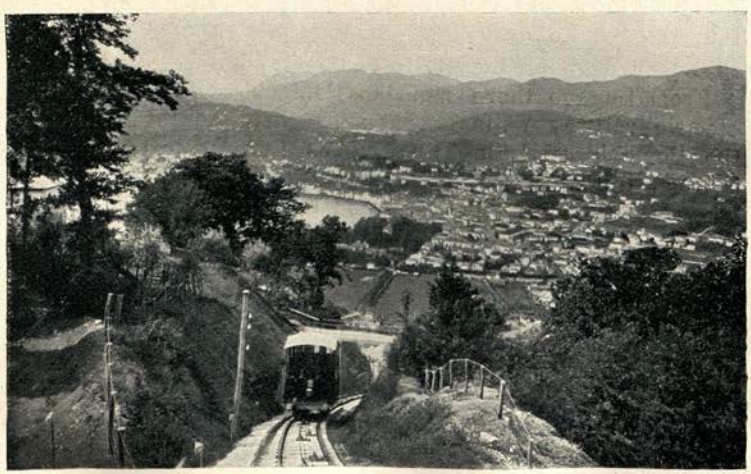
The many-armed Lugano Lake with its deep colour and bank strewn with villages, the plains of Lombardy with the long stretching chain of the Appenines the view embraces these and the distant glimpse of the Valais, Tessin and Graubünden Alps.

(Fares up 2.40, Down 1.60 — Return 3.20 — Sundays and Fête days 2 frs.)

Monte Brè (933 mt a. s.)

On Monte Brè lying to the E. a technically interesting electric railway runs from Cassarate. (Fares up 2.35, Down 1.65, Return 3.20, Sundays and Fête days 1.60 frs.) Maximum gradient 60 % difference in height 648 mt (2124 ft). Cassarate is reached from Lugano, Piazza Giardino, by tram when this remunerative mountain journey lasts 21 mins. running through two tunnels of 65 and 220 mt in length and on a viaduct 80 mt long. We travel up the mountain through a district with Southern vegetation. Magnificent is the outlook on the Lake and town of Lugano, the distant appearance of the Valais and Bernese Alps with the gleaming Monte Rosa in the centre background. From the top of Brè the view opens wonderfully over the arms of the Lugano Lake, the Maggiore and Muzzano Lakes, over the whole alpine chain from Monvisa to Campo Tenia and on the plains of Lombardy.

A third Mountain Railway carries the visitor in 20 minutes from the Station Santa Margherita on the opposite shore, to Belvedere di Lanzo (887 mt), another height rich in views. There is the cold peak of Monte Rosso, the view of the whole of Val Solda, and the Alpine chain in the background that are so particularly striking.



Lugano from the Monte Brè Line.

Walks from Lugano.

We mention the following pleasant walks, of which there are a large number in Lugano, ready at hand for those seeking relaxation.

To the Health Resort of Magliaso, through a chestnut wood to Pura; to Bedigliora; to Astano with the natural park belonging to a new pension; to Novaggio, and then the excursions to Bosco, Cademario, Aranno, Breno, to Ostarietta, to Tesserete, Sonvico, Rovio, Sorengo, Gentilinio, Montagnola, Agra, the picturesque Morcote etc. etc. Some of these villages have regular motor connection with Lugano, several times a day, with extremely cheap prices.

Most of these places are Tourist Centres, with good pensions and smaller and larger hotels.

Monte Generoso.

And lastly from Capolago, lying at the end of the arm of the lake opposite Lugano, a funicular climbs up Monte Generoso, 1704 mt (5588 ft). The railway traverses the height difference 1338 mt with a Maximum gradient of 22% in 1½ hrs. From the terminus a good path leads in 15 mins. to the peak. The distant view and panorama of the high mountain wreath extends over 1,000 miles of the Plains of Lombardy with over a hundred town and village pictures of the Maggiore, Como and Lugano Lakes.

Lugano to Ponte Tresa.

From Lugano there runs to Ponte Tresa in 30 mins the electric railway 7,5 m long opened in June 1912 which by the Ponte Tresa-Luino line makes the shortest connection between Lugano and the Maggiore Lake. A few steps to the left of the chief Railway station in Lugano is the electric

View from the Line Lugano-Ponte Tresa.

Agno-See, Lugano-Ponte Tresa-Railway.

station. In a curve to the right, with a beautiful view of the magnificent Bay of Lugano the railway, ascends the fruitful Mountain sides and through two tunnels gains Sorengo (404 mt) to the right of the lovely Muzzano Lake. The line winds through a verdant district, steeped with deep colour tones, then runs through a narrow pass and descends on forest covered slopes into the Vedeggio Valley, where it crosses over the river Vedeggio to Bioggio (315 mt) at the foot of a vine planted hill. From here are beautiful excursions to Breno (802 mt), the foot of the Torri (1334 mt), Poncione di Breno (1658 mt), Lema (1621 mt).

The line continues to Piano d'Agno fruitful with maize, vines, fig and nut trees downwards bordered on both sides by the forest covered mountain verdure to Agno (295 mt) above the affluence of the Veddiggio river into the Agno arm of the Lugano Lake. Skirting the beautiful Lake the line reaches Magliaso (284 mt) having an old castle. From here are remunerative excursions into the Valley of the Magliasina,

to Novaggio (640 mt), to the beautifully situated village Bedigliara (612 mt) and Astano (640 mt).

Over the plain, watered by the Magliasina, with its luxuriant vegetation, the line runs to Castano, then along the gulf of the Lugano Lake, divided by a narrow strip of water from Lavena, to the Swiss Ponte Tresa a lovely village at the influx of the Tresa into the Lugano Lake, and on to the beautifully situated bay surrounded by the high mountains. On the right bank of the river Tresa lies the Italian village Ponte Tresa. From Ponte Tresa runs a narrow gauge line by many wanderings, in a narrow forest covered valley, along the precipitously descending shores of the Tresa, forming the frontier between Switzerland and Italy, to Luisno on the Maggiore Lake.

From Lugano to Tesserete.

To Tesserete (5 miles) in the Cassarate Valley, through which flows the Tesserete coming from the Colla Valley, an electric train from the chief station takes you in half an hour, on the upper slopes of the hills of Massagno, Savosa, Porza Comano, and Canobbio (421 mt), covered with beautiful Villas and gardens, the line leads through a richly coloured district (vines, chestnuts, wheat, maize field and fruit gardens) with magnificent views of Lugano, the Lake and the closing wall of Mountains. Now too the landscape pictures change, romantic mountain slopes give a sterner outlook. In many twistings the line winds over high bridges and viaducts along the

View from the Line Lugano-Tesserete.

steep moutain sides. Chestnut forests embower pretty villages and in its deep lying bed foams the wild Cassarate river. Near Sureggio (417 mt) Val Colla opens to the right. Through the luxuriant orchards and vineyards of Luggagia (506 mt) lying picturesquely with a lovely view of the Valley of Colla Monte Garzirola, Monte Bar and Sasse Grande, we travel to the Capriasca Valley and Tesserete (532 mt). Here are villages and Summer Resorts in lovely positions surrounded by little heights, covered with old chestnut trees and vineyards, mulberries and fig trees all flourishing in the open. From the gigantic mountain wreath tower upward the peaks of the Baro, Camoghè, Garzirola, Denti della Vechia, and Bré. Extraordinarily large is the number of remunerative excursions from here to the surrounding heights so rich in views.

From Lugano to Dino.

From the Piazza Giardino an electric narrow gauge line (7 miles long) goes to the Cassarate Valley in 30 mins. Traversing the town it then passes over the Cassarate river and in several windings up the Mountain, and along the slopes of Monte Boglia over meadows, forests and orchards, through a gallery and over several bold bridges it reaches Sazaquo, Davescho (428 mt) with picturesque castle, Cadro (500 mt) whose Church is used as a national monument, and the terminus Dino (520 mt) which belongs to the large district of Sonvica. Numerous and various, short and long excursions will make a residence in Dino Sonvica agreeable.

Locarno.

208 mt (682 ft) above sea level.

Locarno (7754 inhabitants), on the Lake Maggiore, may be easily reached in 35 minutes from Bellinzona, a station of the Gotthard line, or from Lugano, via Ponte Tresa, Luino and from there across the lake. This visitors' centre is in a unique district with regard to grand natural beauties and excellent climate. It has been ascertained from the scientific side, that of all the Swiss air health Resorts, few can compare with Locarno in respect to climate. It lies entirely protected from wind and has the most agreeably warm temperature of the whole of Switzerland. The fluctuations are small, the average for the year being 12,4° C. Besides which the formation of its ground

Locarno.

makes it almost free from fog and dust. To the North rises, fairly steeply, the Poncione di Trosa above the well known little rock church of Madonna del Sasso, on the nearest outrunner of the mountain. In the gardens round one finds vegetation of almost tropical luxuriance and character.

A theatre, with a casino, provides for the entertainment and amusement of the visitors. The manifold sporting opportunities, of the lake, so rich in fish, form a paradise to anglers, while the unequalled charm of the Lago Maggiore, and likewise the peculiar beauties of the town itself, and its trade, give truly southern impressions.

Striking objects, on a walk through Locarno, are — the roller-skating-rink in the open, the palm avenue by the new Court of Justice, the old Castle of Locarno, the so called "iron house" an old time recruit barracks, the different churches, as St. Francesco, St. Antonio, the Chiesa Nuova and the modern Church of St. Eugenio; then the park of the Grand Hotel and the Columnar basilica of St. Vittore. Especially magnificent is the wide market square of Locarno, surrounded by trees, that contains nearly all the important public buildings. There are

the grand hotels, the Town Theatre, with the casino added to it and the new imposing post and bank buildings. Not far from there is the castle of Locarno, a remnant of an ancient bastion.

The neighbourhood of Locarno offers opportunities in plenty of short and long walks; of excursions on foot, by carriage, by train or by boat. World famed is the Madonna del Sasso (funicular) with its picture of the Entombment of Christ by Ciseri, and the gateway so rich in views, with Monti della Trinita, lying above it.

Besides these we mention here the walk to the castle ruin of St. Biagio, to the mountain village of Orselina, 456 mt (1494 ft) to Brione Sopra Minusio; and the lake journey to Magadino at the foot of Tamaro (1966 mt, 6400 ft). The way over Maggia to Ascona, and to the Ponte Brolla, at the entrance of the wildly romantic Maggia valley, by an electric railway of about 28 km (15 miles) long, running as far as Bignasco . The beauty and colour magnificence of the 60 km (36 m) long and 3—5 km (2—3 m) broad lake Maggiore, with its Borromeo islands, is too well known and admired to need further remark. Large,

Madonna del Sasso.

From Mottarone.

handsome steamboats, with restaurant on board, travel several times a day between the different stations that are all equally attractive, be the name now Brissago, Cannobio, Intra or Pallanza, Stresa (rail on the Mottarone), Arona or Luino. Also valley and mountain excursions are available from Locarno into the Verzasca valley, Maggia valley, into the Onsernone and Centovalli valley (both from Intragna), on the Monte Tamaro, to the Monte Gridone and the Poncione di Trosa.

Monte Mottarone, 1492 mt.

The Steamboat journeys offer especial pleasure and may be combined with a trip from Stresa up the Mottarone (1492 mt). The electric cogwheel line 6 miles long opened in 1911 overcomes a height distance of 1182 mt with a maximum gradient of 20%. — This mountain formed of granite towers out of the green floods of its surrounding Lake Maggiore and Lake d'Orta like a mighty green Cup. The line ascends from Stresa through glorious chestnut forests and green meadows to the terminus Mottarone Kulm (1492 mt)

with its Hotel. Grand views are obtained of seven lakes with magnificent distant glimpses of the giants of the Alpine Chain from Monte Viso to Ortler.

Accommodation.

Hotel Milan and Kaiserhof. — I. Rank. 70 Beds. Fully rebuilt and arranged with great comfort. — Opposite the Borromio Islands. Grand outlook. Prop. Aug. Müller.

Borromio Islands.

Who turns his steps to Locarno, must not leave the Maggiore Lake without paying a visit to the Borromio Islands. Opposite them and the Mottarone, the gloriously, situated town Pallanza surrounded by brilliantly coloured gardens with luxurious Southern vegetation reflects itself in the azure blue lake. — Famous authors and poets have sung the praises of this happy Country in which Rousseau laid the scene of his novel "Heloise". Monte Rossa at whose foot the fashionable town lies shelters it from the N. wind. Like the situation the climate of Pallanza is remarkable, fog in Winter is actually unknown. The average temperature works out in Spring 57° F, Summer 72° F, Autumn 56° F, Winter 40° F.

Isola Bella und Isola Pescatori (Superiore). Phot. Wehrli A.-G.

The situation and climate, the many promenades excursions and view points as well as the fashionable life, makes a residence in this excellent Winter Centre pleasant and advantageous in sickness or health.

Accommodation.

Grand Eden Hotel. Splendid situation at the promontory of Castagnola, 5 Min. from the quay station Pallanza. Beautiful view of lake, Alps and Borromio Islands. Family Hotel first rank with latest comfort. Central-heating. Lift. Electr. light. Apartments with bath. Large garden with park. Wintergarden. Prop. Staunn Brothers.

The Maggia Valley.

The Mountain chain forming this narrow valley towers almost perpendicularly 6000 ft above its floor, sometimes as bare rocky walls, sometimes as forest covered precipices. At a great height the steepness becomes less, trees, or bush forests, spread themselves about and from high terraces groups of houses and chapels shine out of the dark green into the valley, mighty pyramids of rock or shimmering snowfields show through the opening of a side valley. But on the bed of the Maggiatal are settled as many as sixteen pleasant villages often hidden

Ponte Brolla.

in chestnut forests and leaning most picturesquely on the mountain slopes.

At the Locarno station we take the electric Maggia Valley Railway. The train goes through the midst of the lovely town, then via St. Antonio to Solduno, past a luxuriantly climbing vineyard and along a part of the Maggia valley to the much visited Ponte Brolla, a narrow garge washed out by the foaming Maggia spanned by the old Roman bridge at a height of over 100 ft and by the railway bridge. To the left the road branches off to the Centovalli and the Onsernone Valleys. In the Maggia Valley the line runs through the pretty villages — Avegno, Gordevio, Aurigeno — Moghegno to Maggia (347 mt) a handsome place with the Church on a vine planted hill. Further up we travel through Lodano, Coglio-Giumaglio to Someo (369 mt) a large village with handsome villas and a waterfall 500 ft high. Via Rivea, over a granite bridge we reach Cevio (427 mt) the chief place of the village in whose gloomy official residence "Pretorio" the Valley Steward once lived.

In Bignasco (434 mt) we reach the terminus of this enjoyable railway journey. This lovely village lies picturesquely at the opening of the highly romantic Bavona Valley, at the confluence of the Bavona and Maggia rivers spanned by a double arched bridge. In the Maggia Valley, which above Bignasco is called the Lavizzara Valley, we wander on a good road via Cavergno, Brontallo, Menzonio and Broglio to Prato (750 mt).

From Prato by a steep climb we reach Peccia (849 mt) through a wild rocky ravine via Mogno (1160 mt) to Fusio (1081 mt) the last village standing in a very beautiful position.

* * *

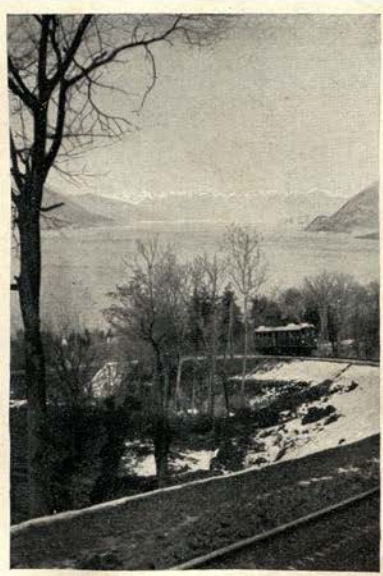
Eden Hotel, Pallanza.

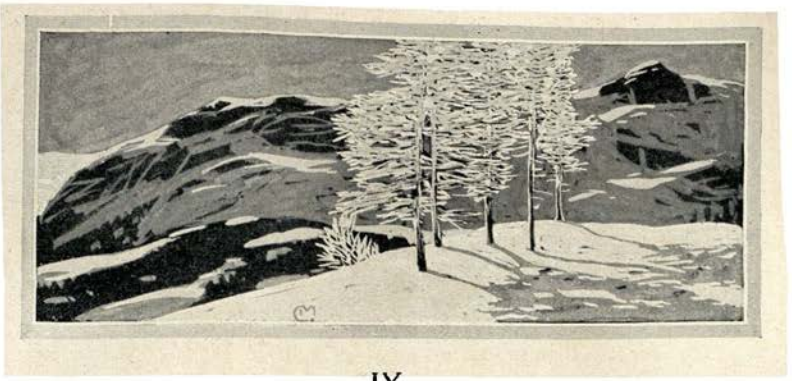
Pallanza at the Lago Maggiore. The Italian town Pallanza, the queen of the Lago Maggiore, lies wonderfully situated on the shore of the blue lake there at the promontory of Castagnola where she stretches to the west in a wide bright bay. But facing Pallanza the Barromeic Islands rise out of the water and on the opposite shore the granit mountain Mottarone (1492 mt a. S.) stands up in the Lago Maggiore and the Lago d'Osfa. Indeed a splendid, richly coloured landscape! Pallanza is situated on the great international Simplon-Line which connects the rough North with the mild South. The fashionable town is remarkable not only for its wonderful situation, but also for its climate, and as starting centre for excursions.

Extensive park like gardens with the beauty of the southern colouring grow and flourist on the promontory Castagnola, the most southern point of the Lago Maggiore, where the eyes full of ecstacy wander over the three branches of the lake, over the Alps and the Borromeic Islands. And there Palace of the Eden-Hotel is erected. It bears its name with full right, for the power offered to the eyes is incomparably beautiful and simply paradisaical. The hotel is well fitted with all modern comfort: large airy rooms, library, recreation-, music-, billiard-, smoking-rooms, two vestibules, lift, central-heating, baths on every flat, winter-garden. Equally excellent are the hygienic arrangements.

The Cogwheel Railway Stresa-Mottarone.

From Stresa, on the W. shore of the Maggiore Lake an electric railway 6 miles long climbs up the Mottarone (1442 mt) clothed in meadow forest and pasture. The magnificent journey free from smoke, shaking and noise takes an hour. The view from the peak is most rich in contrasts. The eye turning to the W., N. and E., sweeps over the mighty chain of mountains covered with ice and snow. Monte Visa, the Dauphin Alps, Monte Rosa, Mischabel, Simplon, the Bernese Alps, Gotthard and Rheinwald groups up to the Bernina and Adamello groups. But to the S. is the loveliness of the foremost mountains and the fruitful Plains of Lombardy, while at our feet the Maggiore Lake with the Borromio Islands fill up the attractive picture.





IX.

Winter Healing in the High Mountains

by Geh. Rat Prof. **A. Nolda,** M. D.

The Alpine region begins at 4000 ft., since only at this height do the typical qualities and healing action of the high mountain climate, have their full and entire effect on the organism of man. The zone between 2250 and 4000 ft. is known as the sub-alpine, or mountain, region.

When we think of the Winter health resorts in the high mountains, lung trouble at once comes to our mind, since every intelligent person has read of the unsurpassed healing effect of the glorious high mountain air in Winter.

Only a few people, realize that the p r e s e n t treatment of lung disease in the Alps is an acquisition of the last ten years, or so, and that, in reference to this disease, one can only speak of Winter cures during the last half century.

In the year 1862 the Davos physician, Dr. Spengler, communicated his observations and experiences concerning the healing factor of the high mountain climate to the well known hydropathist and author Dr. Meyer-Ahrens, which the latter then made public. On the ground of these revelations the two first lung patients came to Davos in the summer of 1865.

The result was not long in doubt. After a few months, Dr. Spengler was convinced of a very substantial improvement in the condition of the lungs of both patients, who now as living evidences and staunchly enthusiastic followers proclaimed the wonderful healing effects of the high Alpine climate on the diseased lungs.

Attracted by such results, the Winter of 1865-6 brought many patients to Davos. These were the first consumptive patients, to spend the Winter in the high mountains.

This soon proved the truth of Spengler's foresighted theories and observations, that the glorious Winter climate has in itself, almost greater healing powers than the Summer; this through its intensive sunshine, freedom from dust by reason of the snow, and the dryness and stillness of the air. The chief doctors of * Switzerland and Germany could no longer doubt these facts, and in a few years almost all had been converted, from unbelieving Sauls to inspired Pauls, and become enthusiasts of the unsurpassed healing powers for diseased lungs, of the Winter climate in the high mountains.

Thus were the foundations of these Winter cures firmly laid, while the scientific first condition for a brilliant future was created, for the high Alpine lung stations.

With years, the opinion grew that the brilliant results of the Winter treatment in Davos, and other Alpine stations, would be better, and more permanent, if it took place in a closed sanatorium. Hitherto it had always been conducted according to the Brehmer-Dettweiler principles, with the "open" treatment in hotels and pensions. Only by treatment in Sanatoria, was a constant supervision of patients possible, nor was there any guarantee of that strict carrying out of the doctors directions which forms the foundation for a cure. Dr. Turban in Davos ** introduced and upheld very strict principles at his sanatorium which were carried out with unrelenting energy an consistency. It was no pleasant undertaking to expel careless patients of the less severe lung cases, in the rigid

*) No account of the opening up of Davos for the treatment of tuberculosis to English people would be complete, without a reference to John Addington Symonds, the well known Author. Taking up his residence here, in an almost hopeless condition, he derived such good from the climate, during nearly twenty years, that the benefits became known to an ever widening circle of English people.

**) There is above Davos the Alexandra (not Alexander) Sanatorium for poorer English patients named after the Queen Mother who takes great interest in its work.

strictness of his establishment, but many a patient who was careless about the regulations had, in the interest of the sanatorium and of the authority of its chief physician to quit. Dr. Turban had from the first set up one axiom, that a sanatorium was for healing, and not for dying. For this reason, it was only feasible to take the lighter cases, which gave a prospect of recovery. The result was not long in showing itself, and excelled even all that had been hoped.

The space left at my disposal, will not allow of a full description of the other high mountain lung resorts. In justice however it must be mentioned, that Arosa, Leysin, Montreux and other places have likewise instituted model sanatoria, and made other arrangements for the war against tuberculosis — based on the results at Davos, and the experience gathered there, together with the consideration of peculiarities depending on local circumstances.

If it is taken as firmly settled, that the treatment of tuberculosis in properly conducted sanatoria in Winter, in the high mountains (which is with us reckoned as 4000 ft. and over) offers the best prospect of a full recovery, then this proposition needs a slight qualification. There are patients who cannot stand the Alpine conditions, since for some reason, they cannot acclimatise themselves. There is then no lack of sanatoria in the sub-Alpine regions (2250-4000 ft.) and in yet lower zones. In suitable cases these also often produce excellent results, especially in the Black Forest. Wehrawald near Todtmoos, in the South Baden Black Forest, which was built after the design of Turban is looked on as one of the best. Its height is 2750 ft. being the highest healing establishment of Germany for lung patients.

These favourable results, have started the great international war on tuberculosis, of the last decade, against this frightful curse of the nations. This mighty war, which has not its equal in the world, has been left up to now unopposed. One would wish that the fight against this frightful disease were not so short sighted as is so often the case.

Excellently furnished healing establishments, for the poorer lung patients, arose in quick succession, especially in Switzerland and Germany. Every province, and each large town, strove in noble rivalry, to build an establishment conducted by

Winteridyll.

a suitable chief physician, for its tuberculous patients. In this, perhaps, with some German pioneers, too little importance was attached to the climate, and too much to the treatment. In spite of this, however the advantageous results did not altogether fail. This success was only made possible, by acquiring and gathering together the results of the experience in the high mountains, and the principles, treatment and methods, carried on there.

A great many of the high mountain cure resorts, have been changed to real sanatorial colonies, in consequence of the ever increasing crowd, due to results never before attained. Some however did not join in this development, which took part in the closing ten years of the last century. At the head of these stood St. Moritz. The world renowned Heidelberg Physician, Dr. Erb, spent some weeks of the Winter 1899 at St. Moritz in order to know, from his own observations, the facts concerning the high mountain winter, and its influence on health

and sickness. As the result of his careful observations returning to Heidelberg he gave there a lecture in the Hospital on January 15th 1900. He laid down that, which up to to-day has proved to be absolutely correct. This lecture was printed and had a world wide circulation being translated into many languages. In this pamphlet which soon became famous, "Winter in the High Mountains", Erb spoke severely against the reception and treatment of lung diseases in "open" high mountain resorts like St. Moritz.

Neither St. Moritz, nor the other places indicated, have had to regret the refusal of the lung patients, there being so many other illnesses suitable for the place, that the separation has benefited all round.

Because of its influence on the mind, many doctors prefer not to send patients with sound lungs to the tuberculosis colonies, or the invalids themselves object to going, although danger of infection is excluded from all well known lung cure resorts, in a far greater degree than is possible in large towns.

Nowhere else are the hygienic precautions taken against the possibility of infection, of such a model character, and so strictly enforced. Everything is arranged for this, and the importance of hygiene is strongly impressed on every resident. The whole existence of a lung cure resort, depends on the most painstaking application, and the very exact carrying out, of all the newest and best hygienic discoveries.

The illnesses which are healed by a Winter in the high mountain cure resorts, are very numerous, and shall be given here in short.

Irregularities of the circulation, and of the blood formation, are very favourably influenced. Anaemia and chlorosis, as also the severe secondary anaemias, which appear very often after malaria, syphilis and other infectious diseases, also after any considerable loss of blood and serum. All these form a hopeful field for the high mountain cure in Winter.

The increase of the red corpuscles of the blood in the rarer air of the high mountains, is an aid and a standard evidence of the adaptability of the human organism. The red corpuscles of the blood, are the means whereby the necessary oxygen for the lungs is taken from the air. Since the number

of these which is sufficient for this purpose, in the plains, is not enough in the higher air, so lacking in oxygen, immediately after the arrival in the high mountains they increase themselves until they reach the number necessary for the height in question. At 6000 ft. therefore these are about double of the number at 3000 ft. In most cases, almost always in the simple forms of anaemia, this effect on the formation of blood, as a result of the mighty impulse and strengthening from the excitation and stimulation of the Alpine climate, remains after the return to the plains.

The powerfully favourable influence on the nervous system, in cases of anaemia, tuberculosis and chlorosis patients, and those who are debilitated, has constantly driven more and more nerve patients to the high mountains. This influence was observed, not only by the doctors, but by the invalids themselves, especially after their return home. In the last five Winters, nerve patients have formed the greater part of the visitors who have installed themselves at some of the Alpine health resorts.

Those are healed quickest who have a first attack of neurasthenia, so long as it is not hereditary. In such cases permanent results are often obtained in from four to eight weeks.

The mighty host of overworked neurasthenias, which in Winter overflows into the high mountains, increases every year. The power and influence of vile mammon have increased in the last twenty five years, in an altogether terrible manner. He who is poor, is of no account! At least, this is so in the great towns and manufacturing centres, in the enormous wholesale trade and financial circles. To earn, in the shortest possible time, money, much money, to acquire it, to keep or get more, to increase it, and by its means to obtain power, influence, standing and the opening of doors hitherto shut, man will submit to being hastened, hunted and baited, from morning to night. Nor is a sufficient time for a refreshing, strengthening night's rest to be obtained. Through sociabilities lasting late in to the night, for the sake of knitting up valuable acquaintances and connections, sleep is contracted to the fewest hours of absolute need. One must be nearly everywhere, so as to show oneself to others, that one belongs there.

By these things, it seems to me, men undermine their own

nervous system. To rehabilitate that system, nothing succeeds so quickly as a Winter rest in the high mountains. Mostly a residence of from four to six weeks is sufficient, after a life of this kind, to make the nerves able to bear up until the Summer holiday. The physician, however, is seldom able to achieve a perfect recovery of the deranged nerves, in a case of this kind, by persuading to a total change of habits, in work and life.

For the following nervous diseases, a Winter cure in the high mountains is especially suitable: Neurasthenia, Hypochondria, Metaphysical Mania, Hemicrania, Neurasthenia of the heart and vasamotor nerves, nervous dyspepsia, sexual neurasthenia, traumatic neurosis, nervous bronchial asthma, neurasthenie hysteria, the lighter forms of hysterical melancholia and epilepsy, morbus basedowii.

For heart affections, the limits of those that are benefited by the high mountains, may be extended further than is generally thought.

The following heart diseases — advanced arteria sclerosis especially of the coronary arteries, and (contracted through this) true angina pectoris; pronounced degeneration of the muscles of the heart; a large amount of hypertrophy from different causes, for example by reason of chronic nephritis; strong dilation; uncompensated valvular disease; bad weak

A Coffee on the Ice. Phot. Nehrkorn, Grindelwald.

ventriculous callosus, or emphysema heart, as well as aneurism of the aorta — carry danger that in the high mountains like St. Moritz the heart may fail, when the heart muscles are not in a condition to perform that extra work which is requisite, in such high regions.

Well compensated valvula disease and the beginning of coronary sclerosis are not, however, contra indicated. I have come to the conclusion, from a number of patients with moderate arteria sclerosis, who visit St. Moritz once or twice, each year, that this regularly repeated stay in the mountains, effects a stoppage of the further development of the disease.

Besides these heart troubles, which often in the high mountains undergo considerable improvement through the strengthening of the muscles of the heart, there are others especially suitable for the Alpine cure which are: not too far gone fatty degeneration of the heart, alcohol or nicotine heart, as also such disturbances of the activity of the heart which often appear towards the climacteric age.

Small weakly children, poor in blood, with or without rachitis, or scrofula, heal and strengthen nowhere quicker than during Winter in the high mountains.

I cannot enter more closely on the metabolistic illnesses, but will indicate, in short, that we often obtain good results, through a prolonged stay in the mountains, at the beginning of arteria sclerosis (already mentioned under heart affections) in diabetis mellitus (not only in the nervous glycosuria) in an adipose condition, and in true gout.

This results from the mighty stimulation, strengthening and increase in the entire metabolism, in the higher regions.

It must, however, be strictly individualised, because the high Alpine regions, as was stated previously, make great demands on the heart, vascular system, kidneys and lungs.

Of the diseases of the organs of respiration, slight emphysena, moist bronchitis and especially convalescence after pleurisy are dealt with below.

In pleurisy with exuding serum, the absorption of the fluid follows more quickly than it does in the plains. If the disease is not of too long a standing, fresh pleuretic membrane forms again with peculiar quickness, in these parts. A like facility of recovery, is noticeable with the shrinking of the diseased

side of the chest. The shrunken half of the thorax, stretches again, much more quickly here, than in the lowlands, through the deep breathing, caused by the air containing less oxygen, and because of its lighter pressure.

Young people with hereditary troubles and badly developed thorax, the precursers of tuberculosis, come to the high mountains with good results.

Real nephretic patients, are certainly, as a rule, unsuited for the high mountains, on the other hand I have in many cases, especially with children, seen recovery effected by the air of St. Moritz.

Besides these enumerated diseases there are a large number of abnormal conditions, in which a tour in the high mountains is of value. Above all are those of convalescents in a weak condition after sustaining long illnesses. In such cases it is possible quickly and thoroughly to strengthen the organism.

What special remedies, not met with in the plains of our country, stand at the service of the Winter visitors to the high mountains?

Professor Hueppe-Prag, the famous authority on hygiene has originated a noteworthy saying that "For health there is no medecine, comparing with the Engadine". The Professor came to this opinion, after he had observed for many years the influence on the human organism of the Alpine Upper Engadine; it is the same with all other resorts which have the like climatic conditions. We must therefore give the first place to the magnificient high Alpine climate, which in Winter allows an almost continual stay in the open air, with its powerfully intensive strength-giving excitation and stimulation to all organs, especially the lungs, heart, the formation and circulation of the blood, metalbolism, nervous system and so on. It indeed works like a fountain of youth, on all organs of the human body.

Those who wish to learn further about the high mountain climate and its physiological influence on the human organism, should read some of the special publications dealing with it, see list.

What is required in a Winter high mountain cure resort can be enumerated shortly;

Position on S. W. or S. slope, of a wide open valley. Sunny and cold with a firm snow cover lasting the whole time of the Winter cure.

On this permanent hard cover of snow depends:

1. Stronger insulation;
2. The relative stillness of the air;
3. Dryness, freedom from dust and purity of the air;
4. Absence of fog;
5. Variation of temperature within fixed limits;
6. The comfortable strolling of weak patients in the open without fatigue;
7. Sport.

The climatic factor which at one time was too little regarded, is now again rightfully given more attention. Frankenhäuser writes thus on this subject:

"The great and incomparable value of the bathing resort, rests on the united effect of the various factors which influence the patients healingly, and, in this, it is certain that the climate does not play an insignificant part. . . ."

I will repeat here in short what I have written in other places on the beauty of the high mountains:

"The air is of an incomparable transparency, clearness and purity in Switzerland, and more especially in Winter, when every tiny piece of ice, every ice crystal, every snow flake, throws back the sunbeams. A glitter, a blaze, a shining, a shimmering, a beaming — in short, an immense manifold fullness of light permeates and interweaves air such as is unknown in the plains. Above arches the magnificently coloured deep blue sky. An unforgetable picture, for every one who has been allowed to see the high Alps in Winter, which is of a wonderfully animating and stimulating effect on mind, body, soul and strength. It is as if the high song of the marvellous healing strength, and overpowering beauty of nature is intoned, or yodelled, to the sorrowful and those in need of healing: "Qui si sana!" "Here is health".

The second typical and characteristic cure medium, in the high mountains, in Winter, is sport, which is in its different phases described in this book.

In spite of that, I should like to close this paper by quoting some important propositions and rules for the regulation and

practice of Winter Sport, which as far as I know, I was the first to propound, and which have not found sufficient consideration:

"Winter sport, as a remedy, is no longer to be despised. It influences all human organs, strengthening and animating them. These are especially benefited thereby — the nervous system, the heart, blood, breathing organs, digestive tract, metabolism, the skin as well as the muscular and bone systems, including the joints. It will be long ere its healing powers are estimated as they deserve.

In Germany, Austria and Switzerland, this recognition of sport is realised much too slowly. The cause of this is, perhaps, that there are, with us proportionately few physicians who are themselves sportsmen. But in the last five years, there has certainly been a slow improvement to record.

Properly speaking every physician who prescribes any kind of sport should have practised it himself, only then will he be in a position to judge correctly the bodily exertion necessary for it, and its influence on the human organs. There are people, however, now as always who hold it is not proper and suitable to his position for the Doctor himself to take part in the sports. As a practised sportsman, one soon learns to estimate the different kinds of sports according to their difficulty, and to prescribe them generally according to their times of duration, and different suitabilities, somewhat as one orders the exercises on the different Zanderschen apparatus. I call this the "dosing of the sports".

In this way sport has the immeasurable advantage, that it is carried out in the open air, while, at least in the Winter, gymnastics on apparatus, are only possible in closed apartments.

What an influence — rich in blessing — sport exercises on a whole nation, is shown by England, where sport has become a part of the life of the people. According to my statistics, no people suffer less from neurasthenia than the English, and I refer these strong healthy nerves of the British directly to their activities in sport."

I have always noticed that the best and most lasting results in the high mountain cures are attained when the climatic cure is united with the exercise of a suitable sport.

Château-d'Œx. La Soldanelle, 3400 ft. above sea level. Dietetic Establishment, mountain climate, with modern comfort, specially recommended to persons suffering from anaemia, general weakness, diseases of the stomach or intestines, troubles of the nutritive functions, convalescence after severe illness or surgical operations, rheumatism, asthma, or to all persons in need of a quiet stay in a healthy climate. Contagious cases, in particular those presenting the least danger of tuberculosis, and extremely nervous patients are not accepted. Open all the year. Hydropatic and electric treatment. Sun cure.

Med.-Dir.: Dr. C. Delachaux. Physician: Dr. G. Bruestlein.

Sanatorium Clavadel, Railway-station Davos-Platz. Establishment for the treatment of consumption. 5560 feet above sea level. — Head-physician: Dr. H. Bodmer.

The Sanatorium Clavadel, erected in 1903/04, lies on an elevated, sunny plateau above the entrance of the Sertig valley, 3/4 of an hour from Davos-Platz. Away from the general traffic and larger settlements, the Sanatorium has all the advantages of pure air and absolute quiet. Its position is an extremely sunny one, in winter, for instance, the duration of sunshine considerably exceeds that of the Davos valley (as much as 1 3/4 hours per day). The mean temperature of the winter months is — 2,37 Celsius (at Davos — 3,9 C.) that of the summer months + 10,5 Celsius (at Davos + 11,4 C.) The dryness of the air is 20% greater at Clavadel than at Davos. The landscape around the Sanatorium is incomparably beautiful.

The Sanatorium, sheltered at the back by its own extensive forests, is an elegant, yet cosy house, provided with all the latest conveniences: Lift, hot and cold water in every bedroom, large, covered and smaller balconies in front of South rooms. Bath-rooms, douches, handsome, tastefully decorated public rooms. Own Röntgen-cabinet. Private skating-rink. Numerous garden and forest walks.

The Sanatorium Clavadel is particularly frequented, by guests who prefer quietness and home comfort to a fashionable and bustling resort. Clavadel is also a most agreeable summer station owing to its proximity to the pine woods, its rural surroundings and its low summer temperature; in the warmer season many patients, especially the more weakly, become more easily acclimatised. Full particulars by prospectus, obtainable from the head-physician or from the director.

X.

The Organisation of Education in Switzerland

By Nationalrat Dr. **A. Gobat,** Director of Technical Education.

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If one were to discourse on all the institutions which with the course of time have been produced in our country, in the sphere of education and the preparation of youth for practical life; it would indeed be necessary to write a thick book. On this aspect of the nation's prosperity, the individual control of the Cantons is absolute. The Confederation, with the exception of a few great principles, only comes into consideration so far as it assists the Canton with monetary subsidies, for the furtherance of education, which indeed are very considerable.

If we start with higher education we may exclaim at once: This is too good! Six universities, in addition to a Roman Catholic one, for a land with under four million inhabitants, points to an expenditure of energy and money which may well be called excessive; and all the more as the cost falls upon proportionally small Cantons. The Canton Berne, for example, pays yearly towards its university not much under £ 40 000. Moreover the Universities are very well equipped; having excellent, preparation for medicine etc. as well as the natural science departments. Their sphere of influence has extended considerably. The universities of Berne and Zurich have schools of veterinary science.

The country is less rich in technical colleges, having but one, namely the Federal Politechnic in Zurich, which being the only one, can be all the better supported. The number of foreigners, from all civilised countries, which attend this establishment, one of the best in Europe, is an evidence of its excellence. The syllabus is extremely varied, and includes beside the technical departments, those of general education. The attendance varies between 1500 and 2000 students.

From the highest step of the educational ladder we come to that of the Volksschule (elementary school) for all classes. In so far as these represent the provision for the education of the entire youth of the country, the so called Primar and Sekundar schools belong to them. The latter are often called Volksschulen of the second degree. The arrangements of both schools are very variously conducted. Not only are there various types of Sekundar Schools, with regard to the school year, and the subjects, but it also happens that the Sekuddar School is parallel with the upper Primar school years.

The fundamental principles laid down by the Confederation control the school conditions of Switzerland. These are: that primary instruction shall be obligatory; gratuitous; sufficient; and entirely under lay guidance. With regard to the beginning of education of the school obligation, there are as many rules as there are Cantons. A very common type is the school life of nine years, beginning after the sixth completed year. The enforcement of school attendance, is by punishment, of parent; usually by fines, yet sometimes by imprisonment. The syllabus of instruction is most varied, in the agricultural Cantons rather more restricted than in the others. To the curriculum in the Volksschulen belongs, as a rule, as an obligatory subject, needlework for girls, and skilled handiwork for the boys.

The syllabus of the Sekundar Schools, which usually includes five years, developes the subjects of the Primary Schools, and introduces some new ones; namely in the departments of languages, and naturel study. Girls are very largely educated with boys or under male tuition. Men take up school teaching more than women which is the reverse of what happens in England.

With regard to the division of the sexes, Swiss people mostly

favour mixed schools, but many of the supporters of this system depart from it on the ground of convenience. Schools have been lately erected for weak minded and backward children.

It is hardly necessary to say that in a land where such great sacrifices are made for education, the private schools and educational institutions stand on a high level. Indeed they enjoy a world wide reputation. In the way of private teaching, the three languaged Switzerland performs great things. Well arranged plans of teaching and thoroughly excellent, tested, teaching power have brought to the Swiss private schools the qualification of "excellent."

There are also large numbers of private establishments, both of preliminary and secondary standard, especially in the towns, and also many boarding schools, whose pupils obtain their instruction in the home itself or, in part, or altogether, at the school of the place. Schools in West Switzerland have a large number of foreign children, to learn the French language. Girls boarding schools, especially, are very numerous and of good standing.

It is well, under the heading of private educational establishments, to mention the Landerziehungsheim of which there are at present but a few. Here the education is always absolutely practical, as regards life. They are schools in which the children are as much as possible in the open air and are brought up among strong agricultural activities and surroundings.

The gymnasia are the preparatory schools, for the universities. Here again we meet with various types. They are either advanced establishments for pupils from the tenth to the eighteenth year (about) or else an extension of the Sekundar school. The completion of the studies made in such establishments, forms the matriculation test for the university and the politechnic without further examination. The Gymnasia admit both girls and boys being mostly public establishments though some are private.

Private educational establishments, to prepare for the universities, and the higher technical schools, have lately made a rapid increase. The Berlitz schools make this their aim, especially as regards the quick learning of foreign

languages. There also are institutions for the unfettered working of the teaching material of the upper Gymnasium standard and also, with necessary limitation of the scholastic methods to prepare students of both sexes for the universities and the higher Handelsschulen (Trade schools). There are such institutions of good reputation in most of the larger towns of Switzerland.

Seminaries serve for the preparation of the teaching staff. They are either special institutions, or divisions that are united with the organisation of the Gymnasium, or other similar schools. The first, have generally residence for all classes or at any rate the lower ones. The course extends over three or four years. At the conclusion is a state examination; on passing which the candidate holds a certificate that gives the right to be appointed as teacher. For the practical perfecting of the teacher, there are model schools, in which the students give instruction, under the supervision of a special teacher.

Those teachers who would instruct in more advanced work, must take a university course according to a special syllabus. For them also, to hold an appointment in any school, the possession of a teaching diploma is necessary.

In recent times the trade schools have greatly prospered; since the Confederation has enacted laws, with the special object of fostering this department. It supports with considerable contributions mercantile and industrial instruction, as well as that given for household requirements. Not only the schools and courses in question are assisted, but also the students have a claim on the contribution. As a result of this financial help and interest a large number of institutions have sprung up and settled trade courses, as well as training schools, are arranged. Switzerland already possesses several large and improved Schools of Commerce, even such as can claim to the qualification of Colleges. Most of these show a large attendance. Such schools with hundreds of students are no rarity. Besides there are schools with only two or three year courses. Commerce instruction is much promoted by the mercantile training schools (established by the Swiss Mercantile Society), that are spread over the whole country, and largely attended by the youth engaged in com-

merce. There are also important private schools of commerce in Avenches, Basel, Freiburg, Geneva, Glion, Herisau, Horw, Lausanne, Lucerne, Marnand, Neuchâtel, Neuenstadt, Payerne, Pratteln, Rorschach, St. Maurice, St. Gallen, Solothurn, Zürich etc., that enjoy a good reputation in foreign countries.

To the higher business schools, belong the Technical schools with definite syllabus, that bring about practical improvement in special crafts, for example in Building, Mecanism and Electricity.

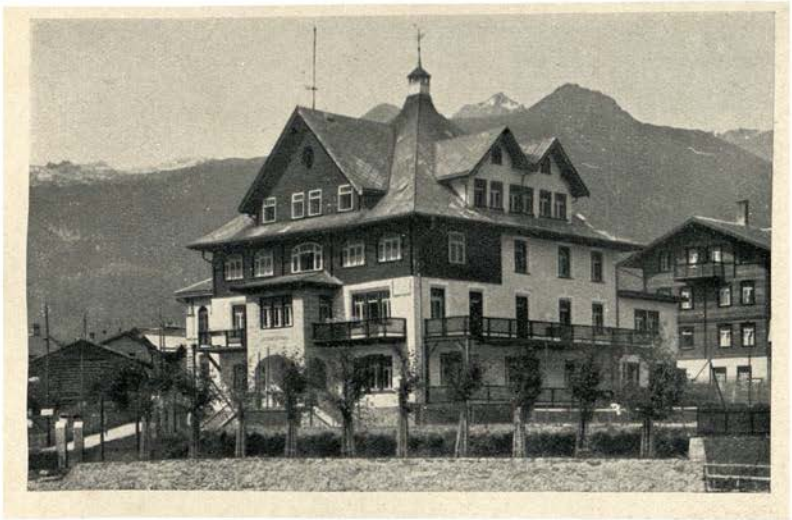
Then there are a great number of Craft schools of all kinds, for both sexes. By these establishments have several great industries largely benefitted, particularly silk manufactories and embroidery, in the East, and watchmaking in the West of Switzerland.

Also the artistic industry schools, are supported by the Confederation and many of them may thank this help for their existence.

This development of industrial instruction, has aroused several Cantons, to give special attention to their apprentices. Also those who do not learn their trade in the Schools, work under a protecting control, and an obligatory examination of the apprentices has been introduced.

As is manifest, education in Switzerland is unusually manysided and it is to the honour of the country that educational progress has for many years greatly developed under its flag.

The four-story building, newly erected in 1907/08, of the **Institute Heller** (formerly Institute Wiget) at **Rorschach,** on the Lake of Constance, is a large school structure, which would be an ornament even as a Public School to a more populous town. From a rustic substructure, partly below the window casing of the basement and partly above it, the building, with its high and steep saddle and mansard roof, rises to an imposing height. The Institute Heller is an international Boys Institute, existing from 1827. It has every claim to its scholastic reputation, for not only is it as regards modern hygienic arrangements, both interior and exterior, but its organisation is also that of one of the best conducted commercial and industrial schools. A primary and secondary division is also attached to it for younger foreigners, who are already sent out into the world in very early years. Particular care is taken to teach the pupils to speak and write modern languages fluently, and for the responsible preparation for examinations at the higher educational establishments. The numerous excellent testimonials, which are at the disposal of applicants, best show the many successes already secured. For prospectus and programme please apply to the Headmaster and Principal: Director Ulrich Heller.



Klosters (Canton de Grison, 1205 mt — 3950 ft a. s. l.). **Institute for Boys: "Rhaetia".** Herbart says: *"The fundament of every capital is the physical health."* — The school, which has to further and to cultivate the talents of the children, must first of all consider the physical well-being of the scholars, in order to find in it the necessary, solid base for a thorough education. The Boys' Institute Rhaetia, a country-school in the most lovely, sunny and open situation draws this fact especially into consideration. The greatest attention is paid to the *physical development* by gymnastics, Summer- and Winter sports, open air exercises &c. The institution is also well fitted to receive *weak boys* so-called *„fatigued from school", suffering from constant headache, convalescents, anaemics, weak nerves, asthma, chronic catarrhs.* To be able to offer to its pupils a general education the school consists of three departments: *gymnase, industrial school with instruction of commercial-business, industrial gymnase.* During summer-, spring, Christmas- und New-Year's-holidays the Institute Rhaetia receives *holiday-pupils,* who are under continual control of a teacher. Received are boys from the 9 to the 16 years of age without regarding language and confession. The limited number of pupils enables quite an individual instruction by the so called "moving classes" and to offer to every one a familiar life. The country-school enjoys an ever more encreasing reputation and is able to prove of its excellent successes in regard to health and pedagogy. The reachly-illustrated prospectus, teaching-program and the yearly report, as well as a great number of references from Switzerland and foreign countries are sent franco to applicants.

* * *

Institute for boys, Villa Juventas Arosa (6000). The chief aim of the Institute is to offer a quiet home and a good education to boys of 9 to 18 years of age wishing some recreative change. Boys with weak breathing organs, with nervous asthma, convalescents from bronchial-catarrh, inflammation of the lungs and pleuritis are especially considered: also those who are overworked and broken down or need animation and recuperation by rest and moderate sport. Decided tuberculosis is strictly-avoided.

The house is newly built in the most healthy situation of Arosa, known for its mild and alpine climate, which has to so many visitors brought desired health. Light bedrooms, large air cure galleries as well as beautiful school- and public-rooms are provided besides the most modern and hygienic arrangements.

The school (gymnase and practical school for all classes) endeavours to preserve the young peoples' connection with their home-schools. Therefore the former plans of instruction are considered as much as possible. References from doctors and parents can be given.

For prospectus apply to the Principal and Proprietor: Fritz Streiff, Pastor.

Institut „Bellaria" Zuoz.

The Parish **Zuoz** (Upper Engadine, 5478 ft. a. S.) is a quiet air-cure-place and has the most favourable climate away from the noisy disturbing traffic of large cure places. This shows the statistic list published by the village, concerning the years 1892—1908. During this time 32 cases of death among 145 have their reason in weakness of the old age (22,06 per cent) while the average of number if dead people is 8,5 per year and the average of age (1865—1908) 49,2 years. Here are included the deaths during the first year; if we substract these we get an average of age of 56,37 years.

Therefore it is clear that a place so favourable for health is the proper situation for school-sanatoria. The "Bellaria" is one of these institutes which do not mean to be merely a children's sanatorium, but aim to a higher purpose, searching to combine the care of body and intellect and therefore will better be called hygienic schools. The advantages of such an Institute are clear. The limited number of pupils enables a more thorough and individual occupation with the children; the constant intercourse of pupils and teachers delivers those from the trouble some timidity which the children — especially if they do not feel apt — show towards their teachers; by their difference, the pupils encourage each other to peaceful emulation; and at last for these reasons which facilitate the learning, the duration of the lessons may be much limited, ever so much as preparations are controlled by the teachers. And wherever the strengthening of physical and psychic difficulties is facilitated as well as the general progress, like here, the pupil fortified in his self confidence will be able to re-enter his class at home at once.

Zürich. Reform-gymnase, Preparatory School for Universities. Manager H. Heuscher (Schmelzbergstrasse 27). In lovely situation on the southern side of the Zürichberg with splendid view upon the lake and the mountains you see the handsome building of the Reform-gymnase Zürich. Young people of the age of 15 are received here to get thoroughly prepared in a short time for the High Schools of Zürich (University and Polytechnic). The preparation can also be made for other universities be for Switzerland or foreign countries. At this institute the opportunity is given to obtain a solid general instruction without having for its aim the maturity and without compulsory examination. The chief advantage of this Institution lies in the actual individualising of instruction which is enabled by the small-class system.

Under swelling sails.

The airy, sunny and open situation of the institute offers to the young people the most favourable conditions for conservation and strengthening of health. Opportunity is given to the pupils to do some sport as swimming, riding, rowing, a beautiful sailing-yacht is at disposition of friends of the sailing sport. (See the above picture of pupils of the Institute "Under swelling sails".) Air- and sunbathing, foot-ball and tennis complete a further physical education of the young people. The pupil's time-table is so performed that this part of education does not get in any way neglected.

The directors will be pleased to give further instructions about Swiss school education.

* * *

Zurich. International Commercial High-School Hermes. (Ottikerstrasse 55.) The curriculum of the institution embraces three sections:

1. **Preparation** for the Federal technical High-School and the University. According to the preliminary knowledges of the students the purpose will be attained in 1 year, 1½ or 2 years.

2. **Commercial School** for higher commerical professions. The complete Study lasts 2 years. The instruction-plan comprises commercial correspondence, foreign languages (German, French, Italian, English, a. s. o.), natural sciences, chemistry, physic, general geography for commerce and traffic, mathematics and drawing. The students practise the commercial correspondence in small groups upon a practical basis. By working in a banking office of the establishment, especially furnished for that purpose, the students are introduced into the Banking business. And under the supervision of the teachers the students of the higher semesters visit the Exchange, where they get acquainted with the complicated organisation of the same.

3. **Modern languages.** The languages are taught by professors of the respective nations. Quick courses of languages are especially provided for during summer.

The entire instruction-method is adapted to the individuality of the students and is given in the German and French language. The aim of the study is reached with the most simple means, by direct object lessons and practical application of what had been learned. Examinations take place at the end of each semester, and a Diploma-examination at the end of the study. The courses begin in October and April, but students can enter, them at any time. The students find board and lodging in the internate of the institute or in best recommended pensions. For further particulars apply to the Direction.

Zweisimmen — Childrens home "Sonnegg". The Alpine boarding-school and holiday resort "Sonnegg" (3336 ft. above sea level) receives during the whole year pupils from 5 to 16 years of age, also children of delicate health, wanting a change of air. — Resident Doctor and trained nurse. Charming holiday resort while parents are travelling. The building has been specially erected for its purpose and is equipped with all the latest hygienic improvements: Central heating, electric light, bath, ventilation, bedrooms with 2—4 beds, veranda, hall, terrace, play- and gymnastic-hall. It lies on an elevated, sunny and quiet plateau, free from dust and fog, adjoining the pine forest above the village of Zweisimmen, lying in the magnificent Simmenvalley, well known for its excellent Health resorts, on the line of the Montreux-Oberland railway. The grounds belonging to the house offer ample opportunity for play and winter sport.

* * *

Children's School and Holiday Resort, Unteraegeri (Kt. Zug) Switzerland. For children from four to fifteen years of age. The buildings are most healthily situated, 2250 feet above sea level, facing the lovely mountain lake of Aegeri.

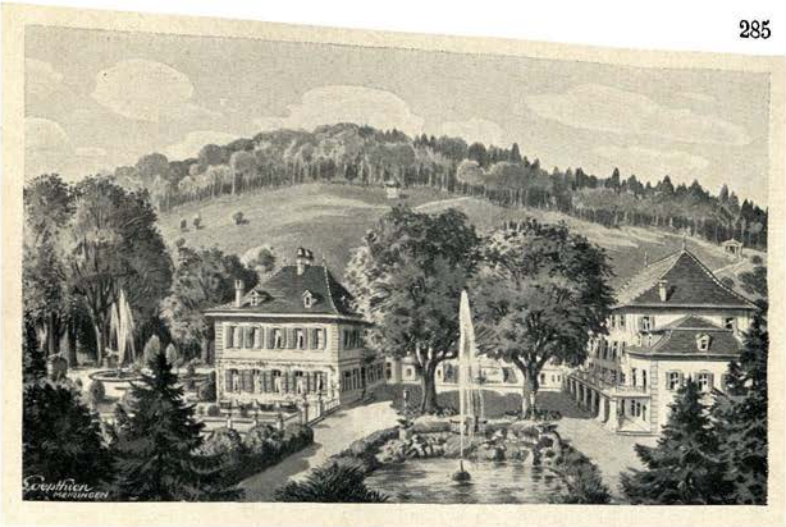
Healthy and bracing climat, no fog. Summer and Wintersports: Rowing, bathing, gymnastic, sunbath and massage.

Skating, sledge, riding and skiing. Delicate children are received and taken special care of.

Resident doctor and trained nurses. Charming residence for children, while parents are travelling.

English references. Moderate terms.

For full particulars apply to the proprietor Dr. Weber, M.D.



Belp (Berne). Boys'-Institute Schloss Oberried. The beautiful village of Belp lies in a richly wooded land, 20 minutes from the capital Berne on the railway line Berne-Belp-Thoun-Interlaken. The castle, fitted with all modern and hygienic arrangements is surrounded by a magnificent park, large gardens, extensive fields and woods.

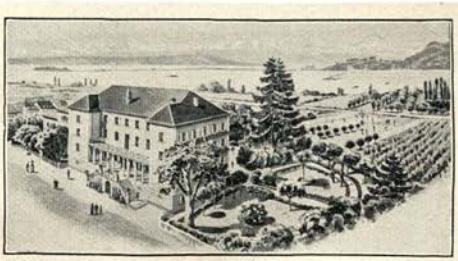
The Boys trusted to this institute are educated to become clever, truthful and industrious men. We receive boys from 8 years of age. The courses are: primary and secondary-School, progymnase, preparation for gymnase, Technical School, as well as for every examination for the commercial-business. The lessons are given by the director and resident teachers with the State-Diploma. Due attention is paid to the physical education and besides the serious studies, to amusements. For this purpose regular exercises for the body are practised, as well as the different sports: football, tennis, swimming, ice- and toboggan sport. The cultivation of music and all kind of games, handicraft etc. are appreciated as means of rest from intellectual work.

The entrance into the Institute can be at any time. During the holidays we receive boys and young men, who wish to enjoy the benefit of country-life, and perhaps wish to take lessons in some subject. First class references. For further information apply to the Proprietor Director G. Iseli.

Rolle on the shore of the lake of Geneva. Boys Educational Institute Château du Rosey: The castle Rosey with modern comfort lies amidst large grounds 10 minutes from the little town Rolle. Harmonious education of intellect, character and body. Commercial division as well as classical and technical division. The courses are given by examined special teachers. Play-grounds for tennis, football and cricket. Rowing, swimming, mountain-, ice- and tobogganning-sport. Careful moral and intellectual education. Further information by the director Paul and Henri Carnal.

* * *

Institute Vogelsang. The International Boys Institute "Vogelsang" at **Neuveville,** near Neuchâtel, is a stately and spacious two story building, in the centre of a fine park. Its principal object is the thorough tuition of modern languages: French, English, Italian, German and Spanish. As a preparatory training for commerce, the banking or the hotel business, typewriting and all other necessary subjects are also taught.



The instruction is on a practical method and therefore rapid, especially as the small class system is used. The park, the playground, the lake and the neighbouring Jura, offer ample opportunity for sport in summer and in winter and help to secure the physical development of the pupils. The Director sends full prospectus and educational programme for foreign pupils, on request.

Cressier. Institut linguistique et commerce Clos Rousseau. *Mme. Carrel-Quinche et fils.* The Institute for boys, founded in 1859 is situated in the uppermost part of the village of Cressier close by the woods, 5 minutes from the railway station. Neuchâtel, the capital of the county of the same name can be reached from here in 25 minutes. Clos-Rousseau offers therefore all the advantages of countrylife and also the agreeablenesses of the near town. The aim of the institute is a thorough instruction of French, as well as of foreign languages, the preparation for higher commercial schools and for hotel-business (general commercial instruction, commercial correspondence, book-keeping). The development of the sense of duty, the personal responsibility and of good manners for social life is fostered as much as possible, also the openheartedness, honesty and a real sense of righteousness, sense of beauty and order and love for work. The small class-system practiced in all the forms enables the teachers to give an individual education to their pupils. The lessons are given by certified teachers who have already been teaching in public schools. For the teaching of the foreign language masters of the respective language are employed. The religious instruction is given by pastors according to the pupil's confession. Greatest care is observed for physical education. The institute has its private foot-ball- and tennis-lawns. In summer the pupils have their regular excursions on Wednesday and Saturday afternoons to the most beautiful neighbourhood, and besides a six-day-trip to the mountains of the Valais. Bathing in the near lake of Bienne or Neuchâtel. In winter toboggan-run and skating-rink at disposition.

Saint-Blaise. Boys Institute "Villa Verte-Rive". The Institute lies at the beginning of the village St. Blaise, wherefrom train and electric tram run to Neuchâtel in a few minutes. The Villa, surrounded by a large garden, has a lovely situation on the shore of the lake. The large view upon the lake of Neuchâtel, the Swiss Highlands and the Alps is magnificent. The villa Verte Rive is a modern building and corresponds to every claim of hygiene and comfort (electric light, bathrooms &c.).

The aim of the Institute Verte Rive is the special studies of French and the modern languages and the preparation for the examinations which allow the entrance to the public-schools (secondary- and commercial schools, Gymnase, University &c.). By having a limited number of Scholars the Director as well as the teachers are able to treat each pupil according to his individuality. Our system of very small classes (10 pupils at the most) enable the teachers to attend to every one at his work. The studies and the preparations for the lessons take place under the control of one of the teachers living in the Institute. The instruction of French is a complete one. Our method lies on direct and indirect intuition as well as on numerous oral exercises. Beginning with the first lesson and corresponding to the study of grammar the pupil is expressing his thoughts in the new language. The same method is used for the study of the other languages. Our pupils have the benefit of the complete instruction of the languages which they especially wish to learn.

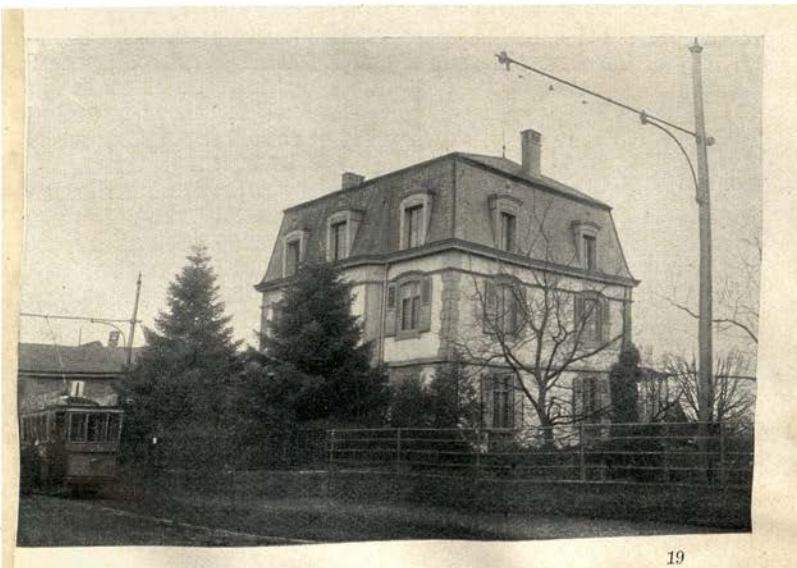
As the pupils are in constant relation with teachers and comrades of different mother-languages they have the best opportunity to learn fluently one or more of these languages. Every teacher for languages teachers in his mother-language.

The instruction is given for: English, German, French and Italian, Literature, history, physical and politicalgeography, calligraphy, mathematics (arithmetic, algebra, geometry), natural science, chemistry, physics, commercial science, book-keeping, commercial correspondence and gymnastics.

The teaching of other modern languages, in Latin, Greek, shorthand, drawing, painting, music, dancing. riding, fighting, as well as the private lessons not comprised in the above program are given only on special demands by the parents. Religious instructions are given according to the confession of the pupil by pastors living at Saint-Blaise and Neuchâtel.

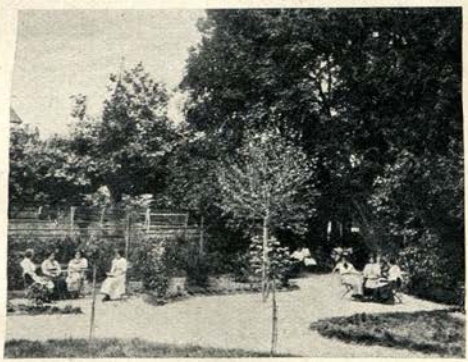
Full attention is paid to the physical education and sport: foot-ball, tennis, gymnastics, swimming, in winter skating, tobogganand bobsleigh-running, ski-sport. Besides regular walks and excursions to the most beautiful points of view of the neighbourhood; lecture, concerts and well-chosen plays at the theatre are visited in Neuchâtel.

Further information and references by Prof. H. Montandon-Brack.

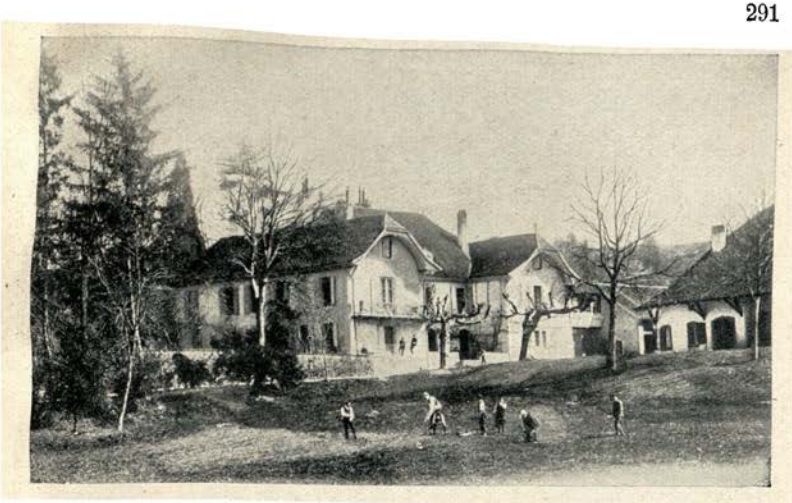


Avenches "Maison Blanche", Pensionat for young girls Bosset-Berendt.

The small town of Avenches, Canton de Vaud, lies on a hill in a pretty and healthy situation, near the lake of Neuchâtel and Morât on the Railway-line Lausanne-Payerne-Soleure. It is well reputated by its excellent climate and is erected on the territory of the former Romain-city of 40,000 inhabitants. Dispersed picturesque ruins in the neighbourhood, as well as the old city-walls prove of its ancient greatness.



At the Pensionat Bosset-Berendt young girls are heartily received. For the instruction teachers with the State-Diploma only are employed. Besides the scientific — the subjects are: French, English, Italien, painting, music, gymnastic, needlework, housekeeping. "Maison blanche" is a newly built house with every comfort: Central heating, electric light, bathrooms etc.; Tennis, large garden. Best references and prospectus are at disposal.



Yverdon. La Villette, Boy's School (Founded 1863)
Headmaster: **Mr. Charles Vodoz** B. A,
Assisted by several Resident University men, one of whom is English.

Most healthy situation at the lake of Neuchâtel and the foot of the Jura-Mountains, 1/4 h. from the town Yverdon. The scholars get the training for their future career and are prepared in general, physically as well as intellectually for the practical life.

Thorough coaching in French, German, Italian conversation, joined to commercial correspondence in the same languages, Book-keeping (double entry), History, Geography, Classics, Mathematics, Drawing, etc.

The special aim of the School is to prepare the pupils for a commercial life by giving them a thorough knowledge of conversation and correspondence in the most important languages.

Every pupil receives individual attention, the classes being small. Best opportunity of conversing in French, German and Italian with the family, the different masters, and boys from various countries.

English boys are put into separate classes for English subjects, and can be prepared for Oxford and Cambridge Local and other examinations of the kind, at the desire of the parents.

Large playing-fields and gymnasium, football, and tennis.

Lausanne. Boys' Institute J. E. Monnier, La Rosiaz. This house has been erected especially for its purpose with all up-to-date comfort amidst large gardens with extensive playgrounds (tennis) in splendid, open situation 10 minutes from large woods, in one of the most distinguished quarters of Lausanne (¼ hr. from the centre of the town). Splendid view upon the whole lake of Geneva. The Institute has three divisions:

I. Commercial course: French, English, Italian and German languages, commercial correspondence, book-keeping, geography, history, arithmetic, drawing.

II. Humanistic course: French, Latin, Greek, German, arithmetic, mathematics, history, geography, drawing, English, Italian.

III. Special course (complete education): French, German, mathematics, arithmetics, history, geography, drawing, book-keeping, English, Italian.

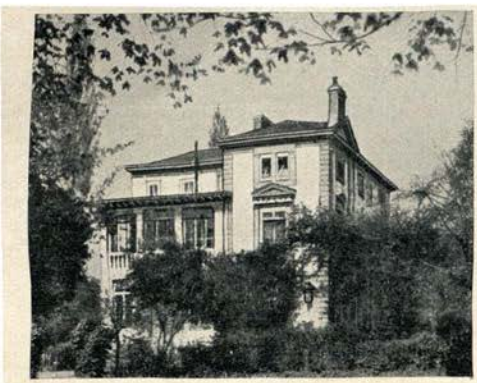
The lessons are given by diplomed teachers. — The aim of the moral education is to breed the character and the mind of the young people to be a match for claim of the practical life. For the physical education and development we offer: open air exercises, games and walks, bathing in the lake, winter-sport. We accept boys from 7 to 19 years of age. The school year begins the 1st of May, but the boys are received in autumn or at any time as well.

Vevey. The Sillig School, Bellerive. Etablished in 1836. Beautifully situated on the shore of Lake Geneva. A school for the education of boys in Classical, Scientific, Military and Commercial subjects, and for general, moral and mental development. Thorough training in the French language. Preparation for any school in England, the United States, or the Continent. Special attention given to physical culture. Large shady play-grounds. Sports of all kinds: football, baseball, riding, fencing, rowing, mountain climbing with special guides. Winter Sports: skating, ski-ing, bobsleigh-ing, hockey. The Institution Sillig has educated over 2000 pupils from all parts of the world, and by its healthy training for the mind and body has led many a boy to a successful career. Illustrated Prospectus on application.

Max Sillig - de Vallière,
Principal.

Clarens. Anglo-Swiss Institute Villa Dubochet. This Select School for sons of Gentlemen, based on the English system, is situated in one of the most healthy positions in Clarens near Montreux on the shore of the lake Léman. The buildings are furnished with the utmost comfort and are surrounded by a fine garden.

As only a limited number of pupils are accepted, all the boys enjoy real family life. They are all under the immediate supervision and attention of the principal and his wife.



Complete and serious individual attention is given uniformly to the education and instruction of each boy. Backward pupils are especially cared for.

Preparation for any Examination: Oxford Cambridge, London, Yale, Harvard, Army and Navy, Civil Services, Chartered Accountants &c., or any other programme according to the wishes of parents. The boys are also prepared with a view to a thorough and practical education. Religious instruction according to parents' views.

All branches of education are taught, but especially French, English, German, Spanish, ancient and modern Greek, Latin, Russian, Mathematics, Arithmetic, Bookkeeping, Exchange, History, Political and Commercial Geography, Statistics, Political Economy, Law, &c.

French only is spoken in the School. English Subjects of any standard are taught by English University Graduates. Assisted by a staff of competent masters, all of them graduates, the principal's aim is to push on each boy individually.

Sports of every kind, under the principal's immediate control: boating, swimming, tennis, cycling, football, &c. and excursions. Winter sports: skating, tobogganing and skiing. Own boat on the Lake. Dir. R. A. Vaugelas.

Lycée Jaccard, Lausanne, At Lausanne, the beautiful city, rising above the middle of the Swiss shore of the Lake of Geneva, the great educational centre of French Switzerland, the "Lycée Jaccard", a Boys Institute, is also to be found (Avenue de l'Aurore 22). It prepares pupils for all examinations (University, Technical and Commercial High Schools) and for this purpose it is classified into three divisions: the classical, the modern and the commercial. On the classical side all the knowledge requisite for a gymnasium maturity can be acquired, the modern side teaches the needful for an examination in modern subjects, while the completion of the studies in the commercial section secures admittance to a commercial high school, or, as the instruction is here practical as well as theoretical, to an immediate active business life. Beyond the scientific education, the Institute Jaccard pays great attention to physical training. The director proceeds from the long recognized, yet still sadly neglected standpoint, that only a perfectly sound and robust body, able to resist all the vicissitudes of health, is fit to meet the enhanced wear and tear of modern life. Sport and gymnastics at the Institute Jaccard are thus not mere entertainment or recreation, but form a regular part of the college's curriculum and are under the direction of special and certified teachers. Tennis, football, rowing and swimming are particularly practised. In order to carry out these educational principles, the Institute Jaccard is provided not only with its own Tennis and Football Grounds, but also with four fouroared racing-boats, with own garage and a bath-house with douches. Mountain tours of which the immediate and the more distant neighbourhood of Lausanne offers an endless variety, are made once a month, under the direction of a well-tried, able alpinist (a certified guide). The Institute has its own, well fitted-up holiday home on the shore of the lake. — Lausanne lying, as is well known, on an elevation above it. Intellectual entertainment is equally well catered for as bodily exercise. There is a billiard-room for the grown-up pupils, a large, light reading-room and a well-stocked library, also a suitably equipped dark-room. In addition, sociable evenings, as well as readings and illustraded lectures by eminent teachers, are organized.

* * *

Boarding-school of young ladies (formerly Institute Bertschy), Directress and Proprietress: Miss J. M. Cunier, **Lugano** (Switzerland), founded in 1889.

The establishment receives pupils of all ages desirous of learning French, Italian, English and German, as well as the different branches of science and art. The teaching staff comprises 7 lady teachers and 2 professors.

Lugano, owing to its mild climate, its enchanting position and unique walks, forms a residence particularly agreeable and favourable to health.

The villa "Le Lierre", situated in one of the fine quarters of the town, is fitted-up with every modern comfort and the latest sanitary arrangements. Miss Cunier omits nothing which may add to the moral and intellectual development of the pupils entrusted to her care.

Great attention is also paid to physical exercise. The young ladies can bathe in the lake or in the house, play tennis, hockey and golf. Gymnastics, calisthenics and dancing are provided for and daily walks are taken.

In Summer a stay of several weeks is made in the mountains.

Terms: Z 100 Payable quarterly in advance, with a three months notice.

There is a British consulate and an English church at Lugano.

* * *

XI.

The Swiss hotels in Winter.

On page 4—12 there appears an index of Hotels, Pensions and Sanatoria, collected under the different resorts and halting stations of Switzerland. One is really astonished at the abundance of choice offered. We have added to the name of each hotel the prices for rooms, meals and pension and have pointed out those that have central heating. Also the number of beds are given. Unfortunately full information could not always be obtained.

Switzerland, by means of its first class hotels, prepares for visitors demanding the greatest luxuries, while the excellently managed hotels of the second rank, cater for those with more modest requirements. The rapidity with which the Swiss hotels have adapted themselves, to the most far going improvements, for a Winter stay free from discomforts, is worthy of admiration. It is almost a matter of course that central-heating will be found in every establishment open in Winter. The proprietor of the hotel makes it also his business, to provide genial social rooms and to assemble the cure and sporting visitors for gay entertainments, concerts, dances, lectures and other evening amusements. For sporting advice and information there is always an expert at one's service, so one can always have the best counsel and a knowledge of local conditions. There is never any loneliness and in the most remote mountains, one feels at home in one's hotel.

The board and lodging in Switzerland may be called as a whole excellent. Most hotels offer their guests, on a stay of over 5 days, a pension rate, in which are included room, light, attendance, heating and service, besides breakfast, dinner and supper, or lunch and dinner. By this arrangement the hotel bill (in which tips for the boots and concierge are not included) is considerably reduced. For whole day excursions, the proprietor does not deducet for absence from meals, but at the wish of the guests will provide these to be taken on the excursion.

Before and after the season, that is in the months of November and March, most of the hotels make a reduction in their prices.

Winter sport places and cure resorts generally levy a Kur tax for the maintenance of the sporting arrangements or for the orchestra and the general up-keep of the place.

Bespeaking Rooms, in advance is at times followed by unpleasantness when not clearly worded, and should therefore whether by telegraph or letter (telephone not recommended) contain the following:

a) The number of rooms desired;
b) Whether single- or two-bedded rooms;
c) On which floor;
d) The date and time of arrival;
e) If the order is for one night or several (not binding);
f) The exact home-address of the person, ordering the rooms.

In ordering rooms by telegram, please use the Swiss Hotel Code on page 3.

If a permanent address is given, greater certainty is ensured of prompt attention being paid to orders received for rooms.

Cancelling orders. In case the person, ordering the rooms, is prevented from occupying them, he should immediately cancel the order by telegram, in order not to occasion the proprietor any loss.

Notice of delay in arrival. If a traveller finds himself unable to occupy a room he has ordered until the following day, and has not informed the Proprietor in good time of this delay, the latter is entitled, especially during the busy season, to charge for the reserved room for the night in question.

Due notice of departure is as much to the interest of the visitor, as to the Proprietor. If the latter is prevented from letting a room through delay in notice of departure being given, he is only acting in a businesslike manner, if he charges for the room for the following night. The same rule applies when rooms are ordered for an early hour in the morning, and must consequently be kept vacant the previous night in order to comply with the visitor's instructions. In both the above cases, however, the Proprietor will, as a rule, only avail himself of his right when the number of visitors is large.

An increase in the charge for rooms will be made, if the visitor does not take his meals in the hotel, and thereby deprives the Proprietor of a profit, which is of course taken into consideration, when fixing the prices of the rooms. The increase of terms varies from 10 to 50 per cent.

Payments by check are only taken by the Proprietor with reluctance, and only if presented by visitors who are personally known to him, or if the visitor is willing to wait until advice of payment is received from the bank in question. In consequence of frequent misuse of cheques and forgeries committed, a certain caution in this respect is necessary. It would be therefore preferable, and would avoid unpleasantness, if visitors would furnish themselves with a letter of credit from their bankers.

Deposit of valuables. In the interests of visitors, it is advisable to hand over to the Proprietor for safe-keeping large sums in cash, or other valuables, in order to avoid loss, and the unpleasantness of having to go to law in such cases.

Swiss hotel-telegraph-code.

The object of this Code is to simplify orders by telegram for rooms and to make them clear and intelligible to the receiver.

The code-words for engaging rooms are so chosen, that the receiver of the telegram sees at once from the initial letter the number of rooms and from the final letter the number of beds. Thus in "Calde", *C* is the third letter of the alphabet and means 3 rooms, *e* is the fifth and means 5 beds.

Orders for rooms should give: 1. The number of rooms stating whether single- or double-bedded; 2. date of arrival; 3. whether in the early morning, day-time or late in the evening; 4. whether the order is for one night or several days (not binding); 5. signature and exact home-address of sender.

In the event of rooms ordered not being required, please countermand instructions by wiring the single word: Cancel.

All further particulars, for which there are not code-words, such as: day of arrival; whether by railway, steamer, coach, automobile or carriage; on what floor the rooms are desired, etc., etc., are to be telegraphed in the ordinary way as hitherto.

---

1 room 1 bed . . . . **Alba**	3 rooms with together 5 beds **Calde**
1 double-bedded room . **Albaduo**	3 rooms with together 6 beds **Caduf**
1 two-bedded room . . **Arab**	3 rooms with together 7 beds **Casag**
1 room 3 beds . . . . **Abec**	4 rooms with together 4 beds **Danid**
2 rooms with together 2 beds **Belab**	4 rooms with together 5 beds **Dalme**
2 rooms with together 3 beds **Birac**	4 rooms with together 6 beds **Danof**
2 rooms with together 4 beds **Bonad**	4 rooms with together 7 beds **Dalag**
3 rooms with together 3 beds **Ciroc**	4 rooms with together 8 beds **Dirich**
3 rooms with together 4 beds **Carid**	4 rooms with together 9 beds **Durbi**

Child's bed . . . . . **Kind**	Private bath-room . . **Bat**
Sitting-room . . . . **Sal**	Servants-room . . . . **Serv**

The class of rooms can be indicated by the following additional words:

For *best* rooms disengaged . **best**
For *good* rooms . . . . **bon**
For simply furnished rooms . **plain**

Stay:

One night . . . . **Pass**
Several days . . . **Stop**

Counter=order: . . **Cancel**

Arrival: Between midnight and 7 o'clock a. m. . . . **Granmatin**
Between 7 o'clock a. m. and midday . . . . **Matin**
Between midday and 7 o'clock p. m. . . . . **Sera**
Between 7 o'clock p. m. and midnight . . . **Gransera**

An enormous benefit

The music amateurs owe to the introduction of the "Kastner Autopianos". Wherever the music has practically been unknown one is able to hear really good music. It is hardly possible to exaggerate the enormous importance of the wonderfull invention of the

Kastner Autopianos,

for it is but now that everybody begins to estimate the true value of good music, and the eagerness to learn and know more of the most beautiful kind of art comes mostly from the introduction of the worldknown instrument.

Why should **you** miss all these pleasures?

Kastner, London

No other instrument equalizes the "Kastner Autopiano" in capability and quality and no other invention of this kind shows such perfect mechanism for giving expression to all personal, musical feelings in a most artistical manner.

The wonderfull mechanisms as:

"Kastonome", "Etronome", "Correctoguide", "Soloist". "Elastische Finger" and the "Sicherheitsmotor"

are to found in the

"Kastner Autopiano" only.

We are willing to exchange with ordinary pianos at their full value and enable the purchase of the "Autopiano" by the easiest conditions of payment.

Ask at once for catalogue of art A I or take the trouble to come and see and hear the "Kastner Autopiano" in our exhibition-rooms.

F. PAPPE-ENNEMOSER

REPRESENTATIVE

BERNE
Kramgasse 54

INTERLAKEN
Harderstrasse

Alphabetical List of the Hotels, Pensions, Kuranstalts and Sanatoria at the Swiss Winter cure resorts, sports centres and halting stations.

Above sea level mt	Above sea level ft	Name of Place and Establishments	No. of beds	C=Central-heating	Room with 1 bed	Room with 2 beds	Breakfast	Lunch Mittagessen	Dinner Abendessen	Pension p. day (min. 5 d. stay)	Particulus See Page
1357	4449	**Adelboden**									
		Hotel Alpenrose	50	C	2.50	5.—	1.20	2.—	3.—	fr 7.—	118
		Hôtel Beau Site	60	C	2.50	5.—	1.25	2.50	3.50	8—12	118
		Park-Hotel Bellevue . . .	60	C	3.—	6.—	1.25	3.—	4.—	8—14	118
		Hotel-Pension Edelweiß	60	C	2.50	4.50	1.25	2.50	3.—	fr 7.—	118
		Grand Hôtel	180	C	4.—	8.—	1.50	3.50	5.—	fr 12.—	118
		Kulm Hôtel Kurhaus . .	140	C	—	—	1.50	3.50	5.—	8—16	119
		Pension Hari z. Schlegeli	100	C	2.—	4.—	1.20	2.50	2.50	6—8	119
		Hotel National	125	C	3.50	6.—	1.50	3.50	5.—	fr 12.—	119
		Nevada Palace-Hôtel . .	120	C	4.—	8.—	1.50	3.50	5.—	10—16	119
		Regina Hotel	150	C	3.—	6.—	1.50	3.50	5.—	fr 10.—	119
		Hotel-Pension Schönegg .	60	C	2.50	5.—	1.50	3.—	4.—	8—10	119
1000	3278	**Alt St. Johann**									
		Gasthof zum Rößle . . .	—	—	1.50	3.—	1.—	2.—	1.50	fr 5.—	166
		Hotel Schweizerhof . . .	—	—	1.50	3.—	1.—	2.—	1.50	fr 5.—	166
1444	4724	**Andermatt**									
		Hôtel Bellevue	145	C	4.—	8.—	1.75	4.—	6.—	fr 10.—	152
1815	5950	**Arosa**									
		Hôtel des Alpes	50	C	3.—	5.—	1.50	4.50	3.50	fr 8.50	180
		Hotel Arosa Kulm & Villa Bergfried	40	C	2.50	4.50	1.25	3.—	2.50	fr 7.50	180
		Eden-Hotel	60	C	3.50	6.—	1.50	3.—	4.—	fr 9.50	180
		Hotel Excelsior	40	C	2.—	4.—	1.50	3.—	4.—	fr 9.—	180
		Pension Freia	20	C	2.—	3.—	1.25	3.—	2.50	7—10	180
		Grand Hôtel Arosa . . .	70	C	3.—	5.—	1.50	3.—	4.—	fr 9.—	180
		Hotel Rhätia und Villa Germania	50	C	3.—	6.—	1.50	4.—	3.—	fr 9.—	180
		Hotel Seehof	90	C	2.—	4.—	1.25	2.50	3.50	fr 8.—	180
		Hotel & Kurhaus Valsana	80	C	2.50	5.—	1.50	4.—	3.—	fr 10.—	180
		Hotel Waldhaus	70	C	2.50	4.—	1.50	3.—	4.—	8.50—12.—	180
930	3049	**Ballaigues**									
		Grand Hôtel Aubépine . .	140	C	3.—	6.—	1.50	3.—	3.50	fr 7.—	48
1150 to 1350	3770 to 4410	**Beatenberg-Amisbühl**									
		Hotel Alpenrose & Regina	150	C	3.—	6.—	1.50	3.50	5.—	fr 10.—	112
		Hotel-Pension Amisbühl .	45	C	2.50	5.—	1.25	3.—	2.50	6—9	112
		Grand Hôtel Bellevue . .	110	C	3.—	5.—	1.50	3.—	4.50	9—14	113
		Grand Hôtel Victoria . .	200	C	4.—	6.—	1.50	4.—	5.—	10—18	113

fr = from

Above sea level mt	ft	Name of Place and Establishments	No. of beds	C=Central-heating	Room with 1 bed	Room with 2 beds	Breakfast	Lunch Mittagessen	Dinner Abendessen	Pension p. day (min. 5 d. stay)	Particulus See Page
1386	4544	**Bergün**									
		Hotel Kurhaus	100	C	3.50	7.—	1.50	4.—	5.—	fr 10.—	210
546	1780	**Bern**			fr	fr					
		Bellevue-Palace	280	C	4.—	8.—	2.—	4.50	6.—	fr 11.—	108
		Grand Hôtel & Bernerhof	220	C	4.—	8.—	2.—	4.50	6.—	fr 11.—	108
		Hôtel & Grand Café Bubenberg	50	C	2.50	5.—	1.25	2.50	3.—	fr 7.—	—
2309	7570	**Bernina-Hospiz**									
		Hotel Bernina-Hospiz . .	60	—	2.50	5.—	1.50	3.—	3.—	8.—	233
435	1426	**Bex-les-Bains**									
		Grand Hôtel de Bex . . .	175	C	3.—	5.—	1.50	3.—	4.—	7—13	72
1040	3410	**Brassus, Le**									
		Hôtel de la Lande	40	C	2.—	4.—	1.—	2.50	2.30	fr 6.—	—
1829	5966	**Campfèr**									
		Hotel Campfèr	75	C	3.—	6.—	1.50	3.50	4.50	10.—	237
		Hotel Julierhof	120	—	—	—	—	—	—	—	237
1121	3675	**Caux**									
		Grand Hôtel	250	C	4.—	8.—	2.—	4.—	6.—	fr 10.—	68
		Palace-Hôtel	300	C	5.—	10.—	2.—	4.—	6.—	fr 12.—	68
800	2622	**Chamby**									
		Grand Hôtel des Narcisses	125	C	3.—	5.—	1.50	3.50	5.—	fr 8.—	87
1052	3449	**Champéry**									
		Hôtel de Champéry . . .	45	C	3.—	5.—	1.25	2.50	3.—	7—10	77
		Hôtel Croix-Fédérale . .	80	C	3.—	6.—	1 50	3.—	3.50	fr 7.50	77
		Grand Hotel Dent du Midi	330	C	3.—	6.—	1.50	3.50	5.—	fr 9.—	77
		Park-Hotel	50	C	3.—	5.—	1.25	2.50	3.—	7.—	77
998	3272	**Château d'Oex**									
		Hôtel Beau-Séjour & Kurhaus	60	C	3.50	6.—	1.50	3.50	5.—	7.50—13	90
		Hôtel Berthod	80	C	3.—	6.—	1.50	3.—	4.—	fr 9.—*	90
		Grand Hôtel	100	C	fr 4.-	fr 7.-	2.—	3.50	5.—	10—19	90
		Pension Morier	30	—	6.-†	12.-†	1.20	2.50	3.—	6—7*	91
		Hôtel-Pension Rosat . . .	90	C	3.—	6.—	1.50	3.—	4.—	8—14	91
		Kuranstalt La Soldanelle	60	C	1.50	3.50	—	—	3.—	10—17	91
596	1954	**Chur** (Coire)									
		Hotel Lukmanier	80	C	2.—	4.—	1.25	3.—	2.50	7—10	—
		Hotel Monopol	60	C	2.50	5.—	1.25	2.50	2.50	fr 7.—	176
		Neues Hotel Steinbock . .	120	C	3.—	6.—	1.50	3.50	4.50	fr 10.—	176

* On stay lasting at least 7 days.
† Weekly.
fr = from

Above sea level mt	Above sea level ft	Name of Place and Establishments	No. of beds	C=Central-heating	Room with 1 bed	Room with 2 beds	Breakfast	Lunch Mittagessen	Dinner Abendessen	Pension p. day (min. 5 d. stay)	Particulus See Page
1667	5461	**Clavadel**			fr	fr					
		Sanatorium	70	C	2.50	5.—	—	—	—	12.—*	204
1560	5109	**Davos**									
		Hotel Bahnhof	40	C	2.50	5.—	1.25	2.50	2.50	7—8.50	204
		Hotel Bellavista	49	C	2.50	5.—	1.50	3.—	4.—	8.50	204
		Hotel Buol	70	C	3.—	6.—	1.25	2.50	3.50	8.50-13.50	204
		Hotel Casino	30	C	2.—	4.—	1.30	3.—	2.50	fr 7.50	—
		Central Sporthotel	70	C	3.—	6.—	1.50	3.50	4.—	fr 9.—	204
		Hotel-Pension Conrady .	45	C	2.50	3.50	1.50	3.50	2.50	fr 9.—	204
		Hotel Davoserhof	40	C	2.50 —3.	5—6	1.25	2.50	2.—	8.50	204
		Sanatorium Dr. Dannegger „Du Midi“	45	C	2.—	4.—	—	—	—	13—17**	204
		Pension Hohenzollern . .	30	C	—	—	—	—	—	fr 8.50	204
		Pension-Landhaus Hildegard	22	C	—	—	—	—	—	8.50-12.50	204
		Neues Sanatorium Davos-Dorf	65	C	fr 2.-	fr 5.-	1.50	3.—	4.50	14 —18.50†	204
		Hotel Rathaus	10	C	2.50	4.—	1.25	2.50	2.—	8.50	204
		Hotel Viktoria	60	C	3.—	6.—	1.50	3.50	5.—	10.—	204
1189	3898	**Diablerets**									
		Hôtel-Pension Du Chamois	38	—	2.—	4.—	1.20	2.50	2.50	5—6	72
1150	3770	**Disentis**									
		Hotel Pension Bellevue (Rathaus)	35	—	2.—	4.—	1.25	2.50	2.50	fr 6.—	—
1023	3351	**Engelberg**									
		Hôtel-Pension Alpina . .	60	C	2.50	5.—	1.25	2.50	3.50	fr 7.—	148
		Terrace-Palace-Hôtel . .	180	C	4.—	8.—	1.75	4.50	6.—	fr 11.—	148
		Hôtel Zentral	70	C	2.50	5.—	1.25	2.50	3.50	fr 7.—	148
		Hotels Cattani	—	—	—	—	—	—	—	—	148
1400	4590	**Flumserberge**									
		Kurhaus Oberberg . . .	150	C	2.—	3.—	1.—	1.60	1.60	4.—	161
		Kurhaus Tannenboden . .	130	C	1.50	3.—	1.—	1.50	1.50	4.—	161
378	1239	**Geneva**									
		Hôtel des Alpes	60	C	2.50	5.—	1.25	2.50	3.—	7—10	—
700	2295	**Glion**									
		Grand Hôtel Righi Vaudois	150	C	3.50	7.—	2.—	4.—	6.—	9.—	66
		Parkhotel	100	C	3.50	6.—	1.50	3.50	5.—	8—12	66
		Hotel Pension Placida . .	40	C	2.—	4.—	1.20	2.50	3.—	5.50—7	66
		Hôtel Viktoria	140	C	fr 5.-	fr 8.-	2.—	4.—	6.—	10—20	66

* Board *only*
** Doctor *included*
† Board only, Doctor included
fr = from

Above sea level mt	Above sea level ft	Name of Place and Establishments	No. of beds	C=Central-heating	Room with 1 bed	Room with 2 beds	Breakfast	Lunch Mittagessen	Dinner Abendessen	Pension p. day (min. 5 d. stay)	Particulus See Page
1000	3278	**Goldiwil**									
		Hotel Blümlisalp	40	C	2.—	4.—	1.—	2.—	2.—	5.50—6	110
		Hotel Jungfrau	60	C	2.50	5.—	1.20	2.50	2.50	6—8	110
		Hotel Waldpark	50	C	2.50	5.—	1.20	2.50	2.50	6—8	110
1510	4951	**Griesalp**									
		Kurhaus and Grand Hotel Griesalp	—	—	—	—	—	—	—	—	114
1260	4132	**Grimmialp ob Spiez**									
		Grand Hôtel Kurhaus . .	150	C	2 50	4.—	1.50	3.50	4.50	8—15	106
1057	3465	**Grindelwald**			fr	fr					
		Bear Hotel	300	C	6.—	10.-	1.75	4.—	6.—	fr13—25	134
		Hôtel Beau-Site vorm. Burgener	40	C	2.50	5.—	1.50	3.50	3.50	fr 7.—	134
		Hotel Belvédère	120	C	3.—	6.—	1.50	3 —	4.—	fr 8.—	134
		Grand Hôtel Eiger & Kurhaus	180	C	3.—	6.—	1.50	3.50	4.50	10—15	134
		Hotel Schönegg	110	C	3.—	6.—	1.50	3.—	4.—	8—14	134
		Waldhotel & Pension Bellary	35	C	2.—	4.—	1.25	2.50	3.50	fr 7.—	134
		Central-Hotel Wolter . .	40	C	2.—	4.—	1.25	2.50	3.—	6—8	134
1122	3678	**Gryon above Bex**									
		Grand Hôtel	100	C	3.50	6.—	1.50	3.50	3.50	fr 9.—	74
1053	3452	**Gstaad**									
		Hotel-Pension Bernerhof	120	C	2.50	5.—	1.25	3.—	4.—	10.—	100
		Hotel Pension Ebnit . . .	35	C	2.50	5.—	1.25	2.50	3.—	7—9	100
		Grand Hôtel Bellevue & Kurhaus	110	C	fr 5.—	fr 8.—	1.50	3.50	4.50	fr 9.—	100
		Grand Hôtel & Alpina .	80	C	3.—	6.—	1.50	3.50	4.50	10—16	100
		Royal Hôtel & Winter-palace	250	C	4.—	6.—	1.50	3.50	5.—	fr 12.—	100
		Hôtel-Pension Victoria .	60	C	2.50	5.—	1.25	2.50	3.—	fr 8.—	100
571	1872	**Interlaken**									
		Splendid Hotel Adlerhof	80	C	2.50	5.—	1.50	2.50	4.50	fr 7.—	—
		Terminus Hôtel Bristol .	150	C	3.—	5.—	1.25	2.50	3.—	fr 8.—	—
1169	3833	**Kandersteg**									
		Hotel-Pension Bellevue-Central	70	C	2.50	5.—	1.50	2.50	3.50	6—11	121
		Grand Hôtel Kandersteg	120	C	3.—	6.—	1.50	3.—	4.—	fr 7.—	121
		Hotel Victoria	120	—	—	—	—	—	—	—	121
1209	3962	**Klosters**									
		Pension-Villa Daheim . .	—	—	—.	—	—	—	—	fr 7.—	—
		Hôtel Weisses Kreuz & Belvédère	50	C	2.50	5.—	1.30	3.50	2.50	8—10	193
		Hotel-Pension Montana .	26	C	3.—	5.—	1.30	3.50	2.50	fr 7.—	193
		Hotel Silvretta & Kurhaus	200	C	3.—	6.—	1.50	5.—	3.50	fr 10.—	193
		Grand Hotel Vereina . .	200	C	fr4.-	fr7.-	1.50	3.50 fr	fr5.-	fr 14	193

fr = from

Above sea level mt	Above sea level ft	Name of Place and Establishments	No. of beds	C=Central-heating	Room with 1 bed	Room with 2 beds	Breakfast	Lunch Mittagessen	Dinner Abendessen	Pension p. day (min. 5 d. stay)	Particulus See Page
515	1688	**Lausanne-Ouchy**									
		Beau Rivage-Palace-Hôtel	320	C	5.—	10.-	1.50	4. -	6.—	fr 12.—	60
		Carlton-Hotel	75	C	3.50	6.—	1.50	3.50	4.50	fr 8.—	60
		Hotel Eden	80	C	3.—	fr6.-	1.50	3.—	4.—	fr 8.—	60
		Hotel Mirabeau	110	C	4.—	8.—	1.50	3.50	5.—	fr 9.—	60
		Hotel-Pens. Mont-Fleuri	80	C	2.50	5.—	1.50	2.50	3.50	fr 7.—	60
1477	4832	**Lenzerheide**									
		Hotel Kurhaus A. G. . .	150	C	2.50	5.—	1.25	2.50	3.50	fr 9.—	184
		Park-Hôtel-Pension . . .	50	C	2.50	5.—	1.50	3.—	4.—	8.—	184
1493	4895	**Lenzerheidesee**									
		Hotel & Pension Valbella	48	C	fr3.-	fr5.-	1.20	2.50	3.—	fr 7.—	184
		Hotel & Pension Waldheim	40	C	2.50	5.—	1.50	2.50	3.50	7.50—10.-	184
1414	4626	**Leukerbad**									
		Hotels and Baths Co. Ltd.	100	C	3.50	7.—	1.50	3.50	5.—	fr 10.—	81
1450	4744	**Leysin**									
		Sanatorium Anglais . . .	90	C	3.—	5.—	1.50	4.—	5.—	fr 12.—*	70
		„ du Chamossaire	150	C	3.—	5.—	1.50	3.50	4.50	9—15*	70
		„ Grand Hôtel	180	C	3.—	5.—	1.50	4.—	5.—	fr 12.50	70
		„ Mont-Blanc .	150	C	4.—	6.—	1.50	4.—	4.—	11—17*	70
276	905	**Lugano**									
		Hôtel Bellevue au Lac . .	100	C	3.50	7.—	1.50	3.50	5.—	8.—	—
		Hotel Schweizerhof . . .	90	C	2.50	5.—	1.25	2.50	3.50	fr 7.50	—
1500	4918	**Montana-Vermala**									
		Hotel Palace	—	—	—	—	—	—	—	—	80
		Sanatorium Stephani . . .	50	C	11.-*	22.-*	1.50	4.—	4.—	12—20	80
400	1311	**Montreux-Territet**									
		Hôtel d'Angleterre . . .	50	C	fr3.-	5.—	1.50	3.—	4.—	7—12	64
		Hôtel Breuer	100	C	3.50	7.—	1.50	3.—	4.50	8—15	64
		Hôtel Bristol	130	C	3.50	7.—	1.50	3.—	4.—	8—12	64
		Hôtel Continental	100	C	3.—	6.—	1.50	3.50	5.—	fr 8.—	64
		Grand Hôtel & Hôtel des Alpes	350	C	5.—	10.-	2.—	5.—	6.—	fr 11.—	64
		Grand Hôtel Bonivard . .	110	C	4.—	7.—	1.50	4.—	6.—	fr 9.—	64
		Grand Hôtel Excelsior .	180	C	4.—	7.—	1.50	4.—	5.—	fr 9.—	64
		Grands Hôtels Monney & Beau-Séjour au Lac . .	140	C	3.50	7.—	1.50	3.50	5.—	fr 9.—	65
		Grand Hôtel Suisse . . .	220	C	4.—	8.—	1.50	4.—	6.—	fr 10.—	65
		Hotel Lorius-Deutscher Hof	100	C	3.—	6.—	1.50	3.—	4.50	8—14	65
		Montreux-Palace-Hôtel .	450	C	6.—	12.-	2.—	5.—	7.—	12.—	65
		Hôtel-Pension Vernet-Les Tourelles	70	C	3.—	6.—	1.50	2.50	3.50	7—12	65
		Bayerische Bierhalle . .	—	—	—	—	—	—	—	—	65

* Doctor included
fr = from

Above sea level mt	Above sea level ft	Name of Place and Establishments	No. of beds	C=Central-heating	Room with 1 bed	Room with 2 beds	Breakfast	Lunch Mittagessen	Dinner Abendessen	Pension p. day (min. 5 d. stay)	Particulus See Page
1411	4616	**Morgins-les-Bains**									
		Pension-Restaurant La Source	30	—	—	—	1.25	2.50	2.50	fr 7.—	78
		Grand Hotel	—	—	—	—	—	—	—	—	78
		Hotel Victoria	—	—	—	—	—	—	—	—	78
1650	5409	**Mürren**									
		Grand Hôtel & Kurhaus	250	C	5.—	10.-	2.—	4.—	6.—	fr 12.—	126
		Hotel des Alpes	—	—	—	—	—	—	—	—	126
		Hotel Regina	—	—	—	—	—	—	—	—	126
		Hotel Eiger	—	—	—	—	—	—	—	—	126
		Hotel Alpenruhe	—	—	—	—	—	—	—	—	126
		Hotel Edelweiss	—	—	—	—	—	—	—	—	126
451	1478	**Murten**									
		Hotel Krone & Post	20	C	2.—	4.—	1.20	2.50	—	5—7	—
		Pension Marguerite	18	C	2.—	4.—	1.—	2.—	2.—	5.—	—
210	688	**Pallanza**									
		Grand Hotel Eden	—	—	—	—	—	—	—	—	258
1250	4162	**Pany** (Stat. Küblis)			fr	fr					
		Hotel Kurhaus	30	—	5.50	6.—	1.20	2.—	1.80	5.50—6	188
1050	3442	**Pont, Le**									
		Grand Hôtel du Lac de Joux	140	C	3.50	7.—	1.75	4.—	5.—	fr 10.—	50
		Hôtel-Pension de la Truite	30	C	2.50	4.50	1.20	2.50	2.50	6—8	—
1803	5910	**Pontresina**									
		Schlosshotel Enderlin	200	C	4.—	8.—	1.50	4.50	6.—	12.—	232
		Grand Hôtel Kronenhof & Bellavista	300	C	3.—	5.—	1.50	4.50	5.—	12—20	233
		Hotel Pontresina	200	C	fr3.-	fr6.-	1.50	4.—	6.	fr 12.—	233
		Pension Villa Collina	45	C	3.—	—	1.50	3.—	4.—	10—16	233
		Restaurant Belvoir	—	—	—	—	—	—	—	—	233
1792	5875	**Preda**			fr						
		Hotel Preda-Kulm	50	C	2.50	5.—	1.50	3.—	2.50	7—8	211
1183	3879	**Rasses, Les**									
		Hôtels Beau-Regard et Mont-Fleury réunis	100	C	2.50	5.—	1.25	2.50	3.—	6—10	48
		Grand Hôtel des Rasses	80	C	3.—	6.—	1.50	3.—	3.50	8—12.50	48
1283	4206	**Saanenmöser**									
		Sporthotel & Kurhaus	70	C	3.—	5.—	1.30	3.—	4.—	9—15	102
1150	3770	**Ste-Croix**									
		Hôtel d'Espagne	60	C	2.50	5.—	1.25	2.50	2.50	6—8	48
1728	5665	**Samaden**									
		Hôtel Bellevue	48	C	2.50	4.—	1.25	3.50	2.50	fr 7.50	227
		Hotel Bernina	150	C	3.50	7.—	1.50	3.50	5.—	11—20	227
669	2193	**St. Gallen**			fr						
		Hotel Walhalla & Terminus	110	C	3.—	6.—	1.50	4.—	2.50	fr 10.—	162

fr = from

Above sea level mt	Above sea level ft	Name of Place and Establishments	No. of beds	C=Central-heating	Room with 1 bed	Room with 2 beds	Breakfast	Lunch Mittagessen	Dinner Abendessen	Pension p. day (min. 5 d. stay)	Particulus see Page
1856	6085	**St. Moritz**					fr	fr			
		Hotel Albana	100	C	3.50	7.—	1.50	3.50	4.50	fr 10.—	221
		Hotel Bernina	60	C	2.50	5.—	1.50	3.—	4.—	fr 9.—	221
		Hotel Calonder	80	C	3.50	7.—	1.50	4.50	5.50	fr 12.—	221
		Carlton-Hotel	200	C	5.—	10.-	2.—	5.50	7.50	18.—	221
		Hotel Caspar Badrutt	80	C	fr5.-	10.- fr	1.75	4.50	6.—	fr 12.—	221
		Hochalp. Erholungs- & Diät. Kuranstalt „Chantarella“	125	C	—	—	—	—	—	fr 25.—	221
		Hotel Engadinerhof	100	C	fr4.-	fr8.-	1.50	4.—	5.—	fr 12—22	221
		Grand Hôtel St. Moritz	450	C	6.—	10.-	2.—	5.—	6.—	fr 17.—	221
		Pension Kühne	15	C	2.—	4.—	1.50	2.50	2.—	fr 6.—	222
		Hôtel du Lac	400	C	5.—	10.-	2.—	5.—	6.—	fr 16.—	221
		Hôtel Monopol	80	C	3.50	6.—	1.50	4.—	5.—	fr 11.—	221
		Hôtel National	50	C	3.50	6.50	1.50	3.50	3.—	fr 10.—	222
		Neues Rosatsch Hotel	70	C	fr3,50	fr7.-	1.50	4.—	5.—	fr 12.—	222
		Palace Hotel	200	C	6.—	10.-	2.—	fr5,50	fr7.50	fr 17.—	222
		Privat-Hotel	48	C	4.—	8.—	1.50	4.—	5.—	12—20	222
		Savoy-Hotel	65	C	fr4.-	fr8.-	2.—	5.—	7.—	fr 18.—	222
		Hotel Steffani	120	C	fr3.-	5.—	1.50	3.50	4.—	10—15	222
		Hotel Suvretta-Haus	300	C	5.—	10.-	2.—	5.—	6.—	fr 17.—	222
		Hotel Waldhaus	80	C	3.50	6.—	1.50	3.50	4.50	10.—	222
		Hotel Westend	60	C	fr3.-	5.—	1.50	3.50	4.—	9—14	222
		Restaurant and Confiserie „Meierei“	—	—	—	—	—	—	—	—	222
350	1240	**Schinznach**									
		Bad Schinznach	200	C	fr2.-	fr4.-	2.—	3.50	4.50	fr 9.—	341
1801	5904	**Sils-Baselgia**									
		Hotel Margna	75	C	3.—	6.—	1.50	3.50	4.50	fr 11.—	240
1815	5950	**Silvaplana**									
		Hotel Engadinerhof (vorm. Wildenmann)	70	C	3.—	6.—	1.50	3.—	4 —	fr 9.—	238
		Posthotel-Riv'-Alta	70	C	3.—	6.—	1.50	3.—	4.—	10—14	238
		Hotel Sonne	70	C	3.—	6.—	1.30	3.—	3.50	9—11	238
427	1400	**Solothurn**									
		Hotel Krone	60	C	2.50	5.—	1.25	3.50	3.—	fr 8.—	41
603	1977	**Spiez**									
		Hotel Bahnhof Terminus	60	C	2.50	5.—	1.25	3.—	4.—	fr 8.—	
1000	3278	**Staffelalp**									
		Hotel & Kurhaus	50	C	1.50	3.—	1.25	1.50	1.50	5.50-6.50	109

fr = from

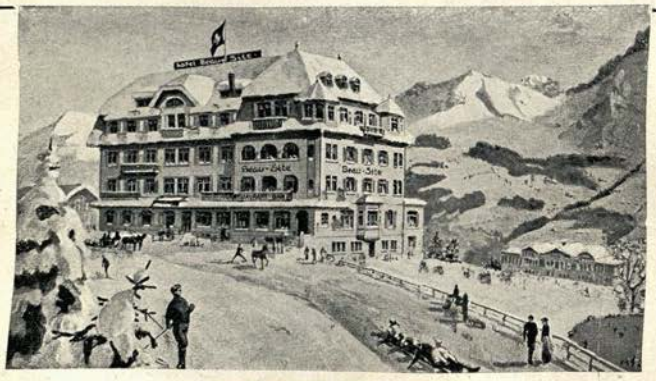
Above sea level mt	ft	Name of Place and Establishments	No. of beds	C=Central-heating	Room with 1 bed	Room with 2 beds	Breakfast	Lunch Mittagessen	Dinner Abendessen	Pension p. day (min. 5 d. stay)	Particulus See Page
1812	5940	**Stazersee** near St. Moritz									
		Hotel-Pension Stazersee .	18	—	3.—	5.—	1.50	4.—	5.—	fr 10.—	222
400	1311	**Territet**									
		(see Montreux)									
380	1246	**Vevey**									
		Grand Hotel d'Angleterre	120	C	3.—	6.—	1.50	3.50	4.50	8.—	61
		Hôtel des Trois Couronnes	140	C	4.—	7.—	1.50	3.50	5.—	9.—	61
		Hotel Nuss	50	C	2.50	5.—	1.25	3.—	4.—	6—10	61
1071	3511	**Vicosoprano**									
		Hotel Helvetia & Neue Post	75	C	2.50	5.—	1.50	3.50	4.—	fr 9.—	242
1280	4196	**Villars-Chésières**									
		Grand Hotel Muveran . .	—	—	—	—	—	—	—	—	75
		Grand Hotel Villars . . .	—	—	—	—	—	—	—	—	75
		Hotel du Parc	—	—	—	—	—	—	—	—	75
		Hotel Bellevue	—	—	—	—	—	—	—	—	75
		Hotel Chamossaire . . .	—	—	—	—	—	—	—	—	75
1287	4219	**Weissenstein**									
		Kurhaus	95	C	3.—	6.—	1.20	3.50	2.50	fr 9.—	41
1275	4180	**Wengen**									
		Grand Hôtel Belvédère .	160	C	4.—	8.—	1.50	3.50	4.50	10—18	129
		Hotel-Pension Brunner .	80	C	3.—	6.—	1.50	3.—	4.—	8—14	129
		Hotel Palace	—	—	—	—	—	—	—	—	129
		Hotel Métropole	—	—	—	—	—	—	—	—	129
		Regina Hotel	—	—	—	—	—	—	—	—	129
		Hotel Falken	—	—	—	—	—	—	—	—	129
		Hotel Bristol	—	—	—	—	—	—	—	—	129
		Hotel Schweizerhof . . .	—	—	—	—	—	—	—	—	129
1104	3619	**Wildhaus**									
		Hotel Hirschen	60	C	1.50	3.—	1.—	2.—	1.70	fr 5.—	—
439	1439	**Yverdon**									
		Hôtel de Londres	40	C	2.—	4.—	1.25	3.—	2.50	fr 6.—	—
412	1350	**Zürich**									
		Pension Dolderburg . . .	30	C	2.50	5.—	1.25	3.—	2.—	7.—	159
		Elite Hotel	140	C	3.50	6.—	1.50	4.—	3.—	fr 7.—	159
		Hotel St. Gotthard . .	200	C	fr 3.50	6.—	1.50	4.50	3.50	fr 9.—	159
		Hotel-Pension Tiefenau .	45	C	2.50	5.—	1.25	2.50	2.20	fr 7.—	159
1712	5613	**Zuoz**									
		Kurhaus Castell	120	C	5.—	8.—	1.50	6.—	5.—	15—25	235
		Hotel Konkordia	50	C	2.50	4.50	1.50	3.50	3.—	8.50—12	235
1000	3278	**Zweisimmen**									
		Hôtel de la Gare Terminus	60	C	2.50	5.—	1.30	2.50	3.—	7—11	104
		Hotel Simmental	60	C	2.50	5.—	1.25	3.—	3.50	7—10	104

Publications

of the

Winter health resorts, Winter-Sport Places, Hotels, Pensions, Cure Establishments and Sanatoria

For ready refere ce the following establishments, deserving special recommendation, have, as far as possible, been arranged alphabetically according to places.



ADELBODEN

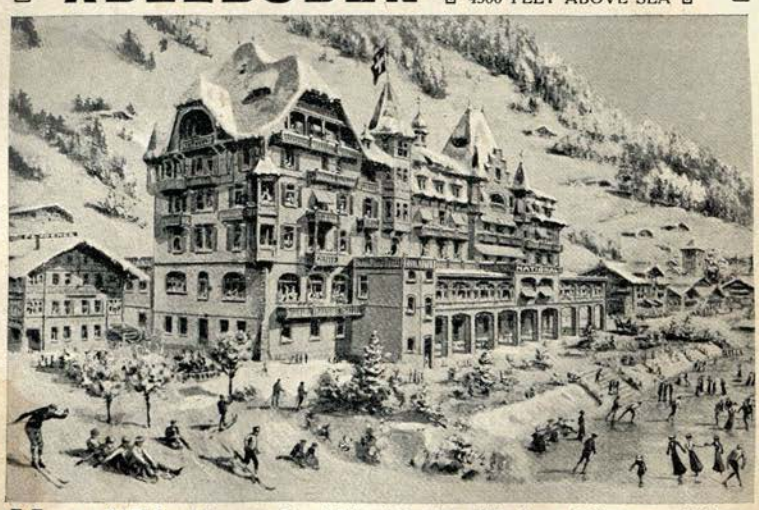
Bernese Oberland. World famed Summer health Resort and Winter Sport Place, 4580 ft.

HOTEL BEAU-SITE Best situation. 75 beds, electric lift, baths on every floor, electric-light, Central-Heating, Large halls, Billiard, Drawing Room, fine Restaurant with Bar. Private orchestra. Open all the year. Pension in Summer Frs. 7.— to 10 —, in Winter Frs. 8.— to 15 —. Prospectus.

PARKHOTEL BELLEVUE
ADELBODEN

Most beautiful and quiet situation. Comfortable etablished house with central-heating, electric light. Good English family hotel.

ADELBODEN BERNESE OBERLAND ⊡ 4500 FEET ABOVE SEA ⊡



Hotel National strictly first class, Lift, large Ball-Room, Orchestra, private Skating-rink, Prospectus free. **O. Schmid,** Propr.

Grand Hotel Kurhaus Adelboden

Bernese Oberland

First class Hotel

140 Beds

Winter Sport — Hotel conveyance at the Frutigen railway station — Private Curling-rink — Telegraphic address: Kurhaus Adelboden.

Proprietor: **H. Seewer.**

Adelboden

(Bernese Oberland)

1357 Meter (4449 ft.) above sea level

Hotel Pension Schönegg

Very comfortable well-known house
Summer- and Winter-Season
Orchestra
Confectionery
Splendid situation
Moderate prices

****

H. Homberger-Gerster

Winter-sport & Winter Cures

in the

Bernese Oberland

The

Bernese Oberland Railways

give access to a Winter-sport district of incomparable charm, a paradise for those seeking sport or recreation

Winter-sport Resorts:

Grindelwald · Mürren · Wengen

EDEN-HOTEL · AROSA

First class Internat. Family Hotel - **5775 ft. a. S.** - in absolutely dust-free, quiet situation, in the immediate vicinity of the forest - Large Ice-rink - Tobogganing and Ski-sport - Magnificent, extensive walks - Most favourable sun conditions - The hotel was erected in 1904/05 and fitted up with all modern conveniences - 45 large visitors' rooms - Choice kitchen and cellar - Pension from 5 days from Frs. 9.— Arrangements for families - Richly illustrated prospectus from the Proprietor:

H. METTIER-PELLIZARI.

BERNE **Bellevue Palace Hotel.** **Opening November 1913.** Unique and most quiet position between the Federal Palace and Kirchenfeld Bridge, and within 5 minutes of Station. **A fine example of modern Hotel architecture** and equipment 280 beds. 60 private bath rooms with w. c. — **Rooms from Frs. 4.** — Apartments with public telephone connection. **"Open Air Restaurant."** American Bar. English Billiards. Large Hall and Palm Court. Auto Car at the Station. **F. EGGIMANN, Manager.**

BERNE 1780 ft. a. s. l.

Grand Hotel and Bernerhof. — First House in the place. Most modern comfort. Suites and rooms with baths and toilets. 2 minutes from the Station. Unequalled views of the Alps.

ST. MORITZ-CAMPFÈR 5966 ft. a. s. l.

Hotel Campfèr. — Lovely, peaceful, sunny position. Numerous magnificent promenades in the woods. Well reputed house with modern comfort. Summer and Winterstation. Prop. J. MARK.

CHUR 1954 ft. a. s. l.

Hotel Monopol. — New establishment close to the station Modern convenience. Large restaurant.

FRITZ HAUGER, Manager.

CHUR 1954 ft. a. s. l.

Hotel Steinbock. — 140 beds. House of first rank. Latest comfort. Appartement with bath. Splendid garden. Café-Restaurant, beer on draught. E. BÜTIKOFER, Manager.

DAVOS-PLATZ 5109 ft. a. s. l.

Hotel Bellavista & Villa Ena. First Class House, with every modern comfort. Splendid sunny situation. Perfect sanitary arrangements. Lift, Electric Light, Central Heating. **Pension** from Fr. 8.50.

BERNHARD ACCOLA-MEISSER, Propr.

5109 ft. a. S. l. **DAVOS-DORF** Graubünden

NEUES SANATORIUM M. NEUBAUER

Medical institution for lung patients and all other forms of tuberculosis. Peaceful, sunny situation. Electric light. Central heating. Lift. 60 mt long resting hall open to the S. in the midst of a large garden. Excellent kitchen. Own Röntgen rays cabinet for diagnosis and therapeutics. Head doctor: Dr. H. Frey. Prop. M. Neubauer.

Hotel Rosat, Château d'Oex

Lately renovated, comfortable house in splendid, sunny situation. Baths. Large Verandas. Billiard. Skating-rink. Consumptives not received. ALFRED ROSAT, Propr.

DAVOS-PLATZ 5109 ft. a. s. l.

Victoria Hotel. — 1st rank modern house. Rooms with balconies and view of the skating rinks. Billiards. Central heating. E. Meuli, Dir.

GLION above Montreux 2295 ft. a. s. l.

Hotel Victoria. — Family Hotel of the First Rank. In Highest Position with magnificent view of Lake and Alps. Suites with Baths. Vestibule.

Proprietor D. Candrian.

CHATEAU D'ŒX

Montreux-Bernese-Oberland-Railway

1000 mt. (3300 ft.) above sea level

GRAND HOTEL

Of the very first rank
Apartments with bath and toilet

HOTEL BERTHOD

Old reputed house
Open all the year

Skating rinks of 21000 m^2 (5 1/4 acres). Curling.
Toboggan run :: Omnibus at the station

Valais **CHAMPÉRY** 3449 ft.

Select first-class Winter Sport place

Aigle-Monthey-Champéry

Electr. railway. Direct connection with the Federal Railway trains at Aigle & Monthey

Grand Hôtel Dent du Midi

First-class. 330 beds. Modern comfort. Pension from Fr. 9.-

Hôtel Croix fédérale

80 beds. Pension from Fr. 7.50

Hôtel du Parc

50 beds. Pension from Fr. 7.—

Hôtel de Champéry

45 beds. Pension from Fr. 7.—

Hotel Buol · Davos-Platz

G. Buol, Propr.

Beautifully situated with extensive, open views · Billiard room
English and French Billiard tables · Open fire place · Library
Electric light and Central-heating

Hotel Davoserhof, Davos-Platz

Opposite the Post Office — 3 Minutes from the railway station

Exclusively **Tourist Hotel** — — *Central-heating* and Baths

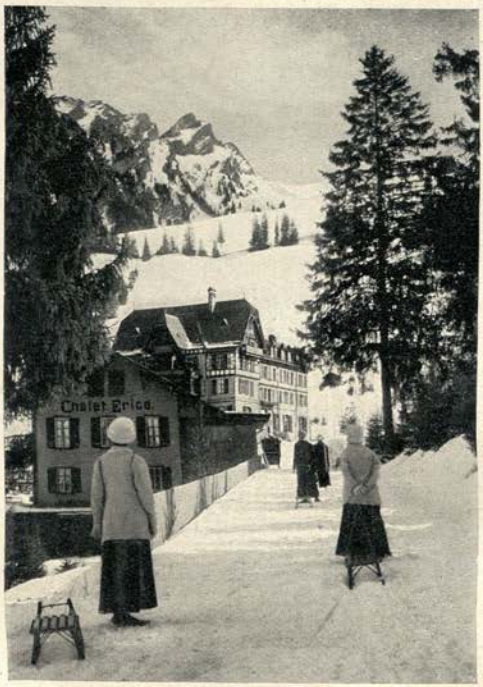
CH. STIFFLER, PROPRIETOR

GRIMMIALP

Above Spiez **Bernese Oberland** 4132 ft.

WINTER :: SUMMER

Shortest duration of sunshine: 6 hours.



Grand Hotel Kurhaus

Quiet house of *first* rank. 130 beds. Electric light. Hot water heating. Modern sanitory arrangements. Large covered verandas. Curling rink. Skating rink. Toboggan run close to the Hotel. Extensive, splendid Ski-fields for beginners and experts.

Joh. Ch. Poltera, Dir.

3529 ft. a S. **GSTAAD** Bernese Oberland

GRAND HOTEL BELLEVUE AND KURHAUS

Opened in 1912, distinguished, first class Hotel, surrounded by lovely garden and park, in quiet central situation close to the skating and curling rinks and lawn tennis grounds.

Latest comfort: large halls, vestibule, drawing rooms, smoking room, billiards, restaurant, bar, writing-room and library, saloon. Lift, baths, hot water heating, vacuum, electric light, auto-garage, dependencies. Family-arrangements.

Moderate prices! BROTHERS BOSS, Propr.

Royal-Hotel & Winter-Palace

3606 ft. a. S.

English Church. **Gstaad.** Montreux-Oberland-Railway Roman Catholic Church.

= for Summer and Winter Sports =

First class Hotel, most up to date comfort. Splendid and quiet situation, entirely dustless. Incomparable view on the alps. 250 beds, 20 apartments, 90 private bathrooms, cold and hot water in every room. Splendid large hall. Private orchestra. American Bar, gymnastic-room, 3 Lawn Tennis. Large private Skating rink, Curling, hockey, bobsleigh-run. Pension for a stay of at least 5 days from Frs. 12.—. Breakfast, Luncheon, dinner (served at small tables), electric light and heating included. Children under 10 years reduced price. Servants from Frs. 7.— to 10.— all included. Reduced prices before and after the season. Omnibus at the station. Prospectus if desired. — **Gstaad** is known as one of the first Winter sport-places of the Bernese Oberland. With its innumerable wonderful *ski-fields*, scarcely to be found elsewhere, **Gstaad** offers to the sports-people the very best opportunity for tours. **Gstaad** owns one of the longest bobsleigh-runs (6 km), as well as the largest ice-rink of the Bernese Oberland. Management: **Steudler & Pünter.**

Lausanne · Hotel Eden

80 beds — Near the station — Avenue de la gare

Modern comfort
View of lake and Alps — Ladies saloon
Library — Veranda

Terrace
Central-heating
Baths

Moderate prices

G. Gercké, Propr.

LAUSANNE

The Mont-Fleuri

Anglo-American Residential Family Hotel

Centrally situated in the healthiest part of the Town and facing full south. In front of the English Church and Anglo American Club.

Central Water - heating

LIBERAL TABLE. THE DELICIOUS COOKING A SPECIAL FEATURE (SPECIFIC DIETS). SOCIAL EVENINGS

Special terms for long stay

W. STEFFAN, PROPR.

Beau-Rivage-Palace-Hotel

OUCHY-LAUSANNE

OPEN ALL THE YEAR

First class Establishment of old standing · 320 beds · New important annex with all the most modern installations · Dressing rooms adjoining each South room · 50 private bath-rooms, with all accessories, Sanitary installations according to the most recent inventions · Each room with a separate balcony · Immense new hall, Dining-Room · Open-air restaurant · The Establishment is situated in the middle of a splendid park, bordering the Lake with a superb view over the mountains Regular concerts given by a full orchestra · A most agreeable residence for families · Arrangements made during the Summer season, and very moderate prices during Winter · Complete motor accomodation · Lawn Tennis

O. EGLI, DIRECTOR

LENZERHEIDE

PARK HOTEL PENSION

1477 mt (4832 ft) above sea level — **Graubünden**

50 beds - Newly opened house with modern comfort - Quiet, sheltered and sunny situation - Surrounded by a magnificent forest of firtrees - Central-heating and electric light in every room - Baths and douches - Home-like public rooms - The house is situated close to the ice- and curling-rinks

First-class winter-sport-place

Prof. **BLAESI-**
v. **STOCKALPER**, Prop.

LENZERHEIDE (Graubünden) 4832—4895 ft. a. s. l.

Kurhaus Lenzerheide. — Surrounded by the most lovely Skiterritories of Switzerland. Norwegian teacher. Daily courses Ice rink. Toboggan run. Curling. Duration of sunshine 6 hrs.

LENZERHEIDE-LAKE (Graubünden) 5055 ft. a. s. l.

Hotel Valbella, in the midst of the finest skigrounds. Central heating, electric light, baths. Post, telegraph, telephone.

LAUSANNE 1688 ft. a. s. l.

Carlton Hotel. — First Class Family Hotel. Magnificent position between Town and Lake. Modern comfort.

L. MÜLLER-KIENBERGER.

MONTREUX-TERRITET on the shore of the LAKE OF GENEVA

GRAND HOTEL EXCELSIOR

with dependencies **Villa Columbia** and **Villa Elisabeth**

In the imaginable most beautiful situation near the Kursaal

Lifts
Ladies- and Writing-Saloon

French and English Billiards — American Bar

L. BARONI, Dir.

Montreux 1311 ft. a. s. l.

Grand Hotels Monney & Beau Sejour au Lac. — Hotel of the First Rank, next the Sport Pavillion. Private suites with bath. Central heating. Lifts. E. BOREL.

TERRITET-MONTREUX 1311 ft. a. s. l.

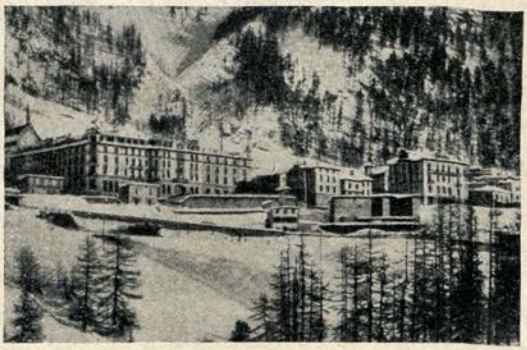
Grand Hotel and Hotel des Alpes (Territet). — 410 beds. Magnificent Establishment in unrivalled position on the Lake of Geneva. Furnished with every modern comfort. Private bath rooms. — Railway and Steamboats station: Territet.

VEVEY 1263 ft. a. s. l.

Grand Hotel d'Angleterre. — Modern renowned, splendid situation between town and near steamboat station. Billiards. 2 lifts. Tea-room. FLORIN-RITZ, Propr.

ENGADINE **PONTRESINA** ENGADINE

First Class Hotel.



All kinds of Winter-Sports.

Hotel Pontresina Magnificent situation. Full South. 150 Rooms and Apartments with Bath. Central Hot Water Heating in every room.
H. BECK, Manager.

PONTRESINA (Engadine) 5910 ft. a. s. l.
Hotel Kronenhof and Bellavista. — House of the first rank with all modern comforts.
Prop. L. Gredig.

PONTRESINA (Engadine) 5910 ft. a. s. l.
Schlosshotel Enderlin. — 200 beds. House of the first rank. Summer and Winter season. Pension from fr. 15.— Suites.

Select first-class Winter sport-place.
All kinds of Winter sport • Orchestra. • Modern comfort • Central-heating • Lift.

Pany 4085 ft. Station: Küblis Prättigau

Hotel-Kurhaus Pany

in splendid sunny situation — 30 beds — Fine rooms with balcony, every with heating — Pension incl. room from Fr. 6.— Telephone 15. Propr.: **Nikl. Hartmann.**

SAMADEN (Engadine) 5665 ft. a. s. l.

Hotel Bernina. — High class family Hotel. Suites with bath and all conveniences. Summer and Winter-sport.

ST. MORITZ 6085 ft. a. s. l.

Hotel Engadinerhof. — Old and well known house Ist rank. Specially arranged for the Winter. Suites with bath and all conveniences.

ST. MORITZ-DORF

6125 ft. UPPER-ENGADINE SWITZERLAND

Grand Hotel St. Moritz

Winter and Summer Season

Distinguished establishment opened new in December 1905. Private apartments with hot-water heating, bath and toilet (absolute quiet secured by double corridors). Vacuum-cleaner installation. Magnificent public rooms with view on the lake and the mountains. Sanitary arrangements and ventilation on the latest systems.

Skating rink and Tennis lawn :: Ample provision for sport

LIFTS FROM THE SKATING-RINK TO THE TOPMOST FLOOR

DAILY CONCERTS BY THE MILAN ORCHESTRA

Specially recommended for sojourn during the **Christmas** and **New year's holidays.**

Particulars from the Director.

Hotel Caspar Badrutt

ST. MORITZ (Engadin)

High class family-hotel

Enlarged and renovated 1912

Finest, sunniest position, splendid view on lake and mountains

Private suites with bath and toilette

Own ice rink

Patronized by Royal families

THE CARLTON OF ST. MORITZ

The Carlton is situated in an elevated, and very sunny position, overlooking the Lake, near the sporting centre

200 BEDS — EVERY ROOM HAS BATH OR DRESSING-ROOM ATTACHED
FINE BALL ROOM — LARGE PRIVATE ICE RINKS

THE CARLTON RESTAURANT

Management: CONRAD MANZ.

ST. MORITZ 6085 ft. a. s. l.

Palace Hotel. Hotel de Luxe, greatly enlarged and renovated in 1913. Private skating and curling-rinks. Best Swedish skating Professors. New covered Tennis-court.

ST. MORITZ 6085 ft. a. s. l.

Savoy-Hotel. — I. rank in centre of the village. Magnificent view of lake and mountains. Electric light. Central heating. Moderate prices.

ST. MORITZ 6085 ft. a. s. l.

Hotel Steffani. — Old and well known family hotel in sunny, open, high situation. Arranged on modern methods. Summer and Winter season. Omnibus at station. Prop. P. Steffani-Stoppani.

ST. MORITZ 6085 ft. a. s. l.

New Rosatsch-Hotel. — 70 beds. Newly built. Pleased comfort. Central and sunny position. Confiserie and Tearoom I. R., 5 o'clock concerts. E. HAAS.

ST. MORITZ 6085 ft. a. s. l.

Hotel Westend. — Open the whole year. Beautiful views of lake and mountains. In sunny situation.

ZÜRICH

Elite *Hotel*, Bahnhofstr. 41. — Mod. comfort, hot and cold water in all rooms. *140* beds from fr. 3.50. Room with bath from fr. 7.—. Grand Café-Restaurant. Telegrams: Elitehotel Zürich. Electr. Motor at the station.

ST. MORITZ-DORF

Restaurant and Confiserie

"MEIEREI"

Rendez-vous of the Sporting World of St. Moritz

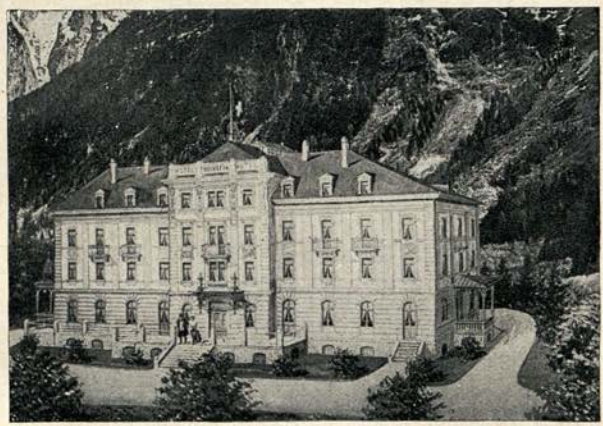
PENSION RESTAURANT STAZER LAKE

A jewel of the Engadine, 30 minutes from St. Moritz, a lovely sleigh drive through the forest. Sunny situation with grand panorama. Skating-rink, tobogganrun and ski-grounds. Well-known for choice cooking. Special lunches and dinners. also finest teas, coffees and pastry. Own confectionery. Comfortable rooms with balcony. Highly recommended for families.

VICOSOPRANO

Switzerland Maloja-Route, Bergell 3630 ft. a. S.

WINTERSPORT



Hotel Helvetia and New Post

OPEN ALL THE YEAR

New building with latest conveniences

Electric light · Reception-rooms · Billiards

Lovely situation · Pension from Frs 9.—

Central-heating

Illustr. *Prospectus* **A. Torriani,** Director

Sils-Baselgia

Upper Engadine — Winter Cure Ressort — Upper Engadine

Hotel Margna

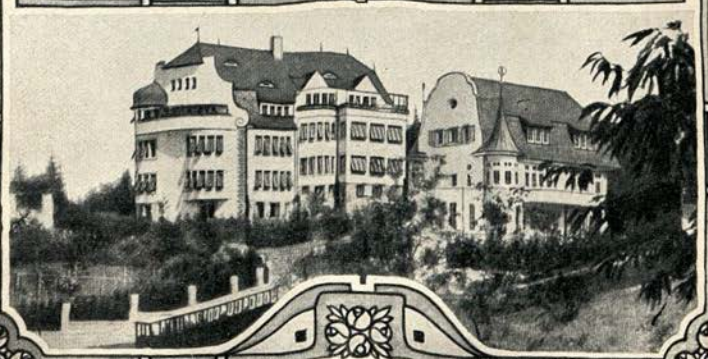
Up-to-date comfort / Electric light / Hot-water heating / Electro Ventilation / Numerous public rooms / Sanitary arrangements

Winter-Sport

Splendid skating-rink on the Silser Lake / First class ski-ground with hill for leaping / Sleighing- & Tailing parties / Toboggan-runs

FAMILY- AND GUESTS-PENSION "DOLDERBURG"

Propr.: B. KLÄUSLI-WILD. TELEPHONE № 7146 — **ZURICH** — DOLDERSTRASSE 96, 98 TRAMSTATION RÖMERHOF



KURHAUS CASTELL

ZUOZ (Upper Engadine) Switzerland. 5922 ft. a. S.

Opened 1st July 1913 VALERE AUDE

The KURHAUS CASTELL is a quiet House of rank with 120 beds the entertainment of which is under the special leading of the resident doctor. The Castell Sanatorium, built in Engadine-style is in splendid sunny situation 330 ft above the Engadine village of Zuoz. Close by forests and woodlands. Pure dry highland-air with the same duration of the sun as St. Moritz and especially the fact of being far from the general traffic of larges settlements gives the preferance to the Castell Sanatorium. All kinds of tuberculosis are strictly avoided. The Kurhaus Castell is well fitted with the latest sanitary arrangements as: perfect canalisation, vacuum cleaner, modern system of cold and warm ventilation and hot water heating.

The electric train service:

St. Moritz-Pontresina — **Zuoz** — Tarasp-Schuls

(opened the 1st of July) places Zuoz amongst the first class points of the Engadine ever so much more as St. Moritz as well as Pontresina can be reached in 25 Minutes. The surrounding of the Castell bears the stamp of the most idyllic reservation of nature near the Swiss National Deer-Park facing the wild romantic valley of Camogas, the former huntings.ground of Paltram (The King of the Bernina), amidst the richest Alpine-flora. — The international arrangements of the Castell, though very simple, are corresponding with the territorial formation, with reminiscences from the time of war and hunting-sport of Engadine's old time.

Starting place for tours of first rank, numerous excursions and walks.

TARIFF: room with pension, light and heating as well as the medical attendance all included from frs. 15.— to frs. 25 — pro person and pro day. Complete apartments with bath and toilet.

The Proprietor:
HERMANN GILLI & Co.
in connection with the Hotel Concordia

The Director:
MAX BARTELS
former manager of the Hotel Victoria in Schuls

Ski-Club

SWITZERLAND IN WINTER

Read the . . . .

Public Schools Winter Sports Club Year Book

Price .. .. One Shilling

Published by HORACE MARSHALL & Co., 192 pages, red cloth

FULLY ILLUSTRATED

With "Who's Who" of Members, and articles descriptive of Winter Sport at Montana, Morgins, Mürren, Obladis, Villars-sur-Ollon, Wengen, Lenzerheide, Campfér etc.

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Source	temperature ° Cels.	sulphuretted hydrogen ccm
Schinznach	**34,3**	**56,42**
Lenk (Balmquelle)	11,0	44,5
Nenndorf	11,0	40,7
Gurnigel (Schwarzbrünneli)	8,0	39,4
Wipfeld (Ludwigsquelle)	13,8	33,3
Bains du Fayet St Gervais	40	32,91
Eilsen (*Julianenquelle*)	11,5	32,3
Fiestel (*Trinkbrunnen*)	13,0	31,8
Langensalza	8,8	29,3
Stachelberg	8,0	27,8
Allevard les Bains	16,9	23,35
Kolop (Ungarn)	12,8	21,0
Heustrich	5,8	19,7
Langenbrücken	8,2	12,3

Source	temperature ° Cels.	sulphuretted hydrogen ccm
Alveneu (Schwefelquelle)	8,1	9,1
Serneus	8,7	8,9
Gurnigel (Stockquelle)	7,0	8,8
Baden (near Wien)	34,3	8,2
Uriage	27,25	7,28
Cauterets (César)	48,7	6,85
Le Prese	8,1	6,0
Vernet les Bains (La Vapore)	53	5,36
Canterets (La Raillère)	40	5,02
Vernet les Bains (Ursule)	41	4,42
Canterets (La Raillère)	50	3,93
Aachen (Kaiserquelle)	55,0	3,2
Landeck (Schlesien)	20,0	1,2
Burtscheid (Victoriabrunnen)	50,0	0,5

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